

Chalon Student News

Volume 10, Number 1

August 25, 2003

Calendar of Events

First Day of Classes
Monday, August 25

Women's Equality Day
Tuesday, August 26

Poster Sale
Tuesday, August 26 & Wednesday, August 27
10:00 a.m. Circle

Welcome Commuters
Tuesday, August 26 8:00 – 10:00 a.m. Campus Center

Student Involvement Fair
Thursday, August 28 11:00 – 2:00 Circle

Student Involvement Fair

Interested in getting involved? Don't know where to find out more about clubs and departments? Come to the **Student Involvement Fair!** Meet representatives from different student organizations and student service departments on **Thursday, August 28, 11 AM - 2 PM in the Circle.**

Enter in a raffle to win great prizes...including **2 FREE** tickets to Magic Mountain! Stop by the Student Activities Table at the Fair for more information!

What is the Chalon Student News???

The Chalon Student News is a weekly publication from the Office of Student Affairs designed to communicate upcoming events as well as important college information and announcements to Chalon students. MSMC students and offices may submit information to be included in the Chalon Student News by sending an email to cnews@msmc.la.edu or by picking up a submission form from the Office of Student Affairs, located in H200. Submissions are due Wednesday and the Chalon Student News is distributed every Friday during the academic year.

Fitness Education Classes

Did you leave room in your schedule for some fun? A stress break? Want to make some new friends? Learn a new skill? Get some exercise?

It's not too late to add a class in the following class openings:

Court Sports
Self Defense
Lifetime Fitness
Beginning Swimming & Conditioning

For more information about these classes, please contact the Fitness Education Department at extension 4347 or stop by the Fitness Center.

LEARNING ASSISTANCE PROGRAMS/ISAE H207, Ext. 4144

OPEN HOUSE!! REFRESHMENTS!! PRIZES!!

Students, faculty and staff are all invited to join the LAP staff in the Chalon Learning Center for an **OPEN HOUSE** celebrating **WOW! (Week of Welcome!)** on Wednesday, August 27th from 12 - 4 p.m. Come to meet the staff, and learn about our services and resources.

THE EARLY BIRD GETS THE WORM!

ISAE has created a special **TOOL KIT** full of surprises to start the new year off right! **TOOL KITS** are available to the first 50 Chalon ISAE Participants to come to the Learning Center and sign up for a 10 minute "catch-up" appointment with their ISAE counselor! Don't delay, give away begins Monday, August 25, 2003!

**Student Activities & Commuter Services
Humanities 1st Floor, Ext. 4120**

ASB Ticket Office

Discounted entertainment tickets are available for purchase to all Mount members (students, faculty, and staff). To purchase tickets, come to Student Activities and Commuter Services.

Pacific Theater (\$5) AMC Theater (\$5.50 or \$7)
Magic Mountain (\$22) Universal Studios (\$28)
(Cash only, please!)

WANTED: LEADERS

Applications are now available for the following Associated Student Body (ASB) positions. All applications are due **Wednesday, September 3 by 4:00 PM:**

Senate: Freshman Senators, Sophomore Senators, Junior Senator, Senior Senator,
Commuter Senators

Student Activities Council: Mount Events Chair

Women's Equality Day

Women's Equality Day celebrates the passage of the 19th Amendment to the Constitution on August 26, 1920, which granted women the right to vote. This day is also meant to recognize women's continuing efforts toward full equality.

August 26 was chosen by Congress as Women's Equality Day at the request of Representative Bella Abzug (D-NY) in 1971.

(Source: National Women's History Project
www.nwhp.org)

Important Information on Changes in Academic Policies effective Fall 2003

Policy on Requesting a Change of Grade:

Once submitted, grades may not be changed unless the result of clerical or procedural error. A student must request a review/change of grade within 30 days after the end of the semester, or within 30 days following the distribution of the grade report containing the grade which the student wishes to challenge.

Change in the General Studies Policy:

Effective Fall 2003 all courses being used to fulfill **General Studies requirements** must be passed with a grade of C- or better. Courses passed with a grade of D can still count as elective units toward graduation requirement.

Math Placement Examination Policy:

Effective Fall 2003, algebra and calculus math placement exam scores will be valid for two years only. If students do not take a math course to fulfill their general studies or major requirements within two years, they will have to retake the math placement exam.

Please consult the catalog supplement regarding time limits for degree completion.

TRAFFIC / PARKING REMINDERS

For the safety and security of the Mount community, as well as our Brentwood neighbors, you are requested to adhere to the following guidelines:

- ☐ All vehicles parked on campus must have a valid parking permit.
- ☐ Parking is permitted in designated marked spaces only.
- ☐ Vehicles parked in fire zones or red curb areas are subject to immediate towing.
- ☐ Vehicles traveling to the Chalon campus from the east are encouraged to take Sunset Blvd. to Bundy Drive and turn north on Bundy.
- ☐ Vehicles traveling to the Chalon campus (including guests) are to use the "loop" in coming to and from the campus by traveling north on Norman Place from Bundy Drive and leaving campus only by turning right on Chalon Road and taking Bundy Drive south.
- ☐ Observe posted speed limits. (Norman Place is 25 mph and Bundy Drive is 25 mph between Chalon Road and Norman.)
- ☐ Keep noise/music levels to a minimum, especially at night.
- ☐ Do not litter on campus or in the neighborhood.
- ☐ Observe school bus signs and lights. (It is illegal and unsafe to pass a school bus with flashing red lights.)

Individuals who fail to drive safely and courteously in the neighborhood may lose their on-campus parking privileges and are subject to further disciplinary action.

Announcements from the Career Center

Chalon H401, Ext. 4070 / Doheny Bldg. 3, Ext. 2577

WIN (Women in Networking) Applications are now available.

Career Planning and the Junior League of Los Angeles have established a mentoring (shadowing) program that introduces Mount St. Mary's College students to women leaders across Los Angeles. We have recruited innovative women leaders throughout Los Angeles to be WIN Mentors and we are now seeking MSMC students who are eager, enthusiastic, and responsible to be WIN participants in the Spring of 2004.

The actual shadowing experience will take place during Spring Break from 3/15/04-3/19/04. WIN participants are required to commit a minimum of 32 hours during "WIN Week." The program is designed to encourage students to explore career opportunities and possibilities, and foster a mentoring partnership between students and women leaders in the L.A. area.

Program requirements:

1. Must be a sophomore, junior or senior (open to any major)
2. A minimum G.P.A. of 3.0 is preferred (please check with a member of the Career Planning staff if your G.P.A. does not meet this requirement)
3. Attend one WIN Preparation Workshop
4. Submit a completed WIN application including resume by deadline
5. Arrange and complete a personal interview with staff and
6. Attend the WIN Orientation session in the Spring.

Stop by the Career Centers at either Chalon (H401) or Doheny (Bldg. 3) to pick up an application.

Need extra cash? Like kids? Want to work a few evenings or weekends a month? Then the "Occasional Babysitting Service" is for you. Many of the Brentwood, Pacific Palisades and Santa Monica neighbors hire MSMC students to babysit. Stop by the Career Center for more information.

Need an off-campus part-time job? The Center receives information about a variety of jobs including tutoring, office work, sales positions and more. Visit us between 8am and 4:30pm to learn more about these positions.

Matters of Race

Premier Screening

Tuesday, September 9, 7 PM

Egyptian Theater, Hollywood

Busses depart from Chalon and Doheny

- ❖ What race are you? Are you offended by that question and questionnaires that ask you to identify by your race?
- ❖ Do we still need discussions about race? Haven't we moved beyond that?
- ❖ How is race lived in the United States today? How does race affect perceptions and opportunities?

All members of the Mount community are invited to a screening publicizing *Matters of Race*, a new series that will premier this fall on PBS. The series seeks to address the questions above by sharing real stories of how race is lived in America today. One of the goals of the series is to create space for new language and new understanding to emerge. The screening is an invitation to join what the producers of the series hope will become a national dialogue about how we make the promise of America real for everyone regardless of differences.

For reservations, call Debbie Giunta, Center for Cultural Fluency, x2533, or email dgiunta@msmc.la.edu or send note with chocolate through intercampus mail, Center for Cultural Fluency, Dohney. Reservations required for the screening and the bus. (One bus will leave from the Chalon campus and one from Doheny. Indicate campus preference. Offer good until busses filled.) Reservations must be made by Wednesday, Sept. 3. I look forward to hearing from you.

Welcome Commuters!

Come and receive information on commuter services and enjoy a free continental breakfast: **Tuesday, August 26, 8 - 10 a.m., Campus Center.** You will be able to:

- Sign-up for the carpool program
- Sign-up for a locker
- Get your 2003-2004 Student Handbook and ID sticker for Fall 2003
- Pick up a copy of the off-campus housing list

Submit your activities, events or announcements to the Chalon Student News and keep the campus informed! cnews@msmc.la.edu

Internships

Welcome back Athenians! To start the school year right, I encourage each and every one of you to stop in and see me regarding the internship opportunities that await you. The Internship Office is located in the Career Center/Advising Office on both campuses. This is a perfect time for you to explore your true talents and career options. As your Internship Coordinator, I look forward to working with you in the upcoming year. Below are just a few of the countless fall internship openings. Don't wait too long. These hot internships get filled very quickly!

MTV Networks
Various Departments
Location: Santa Monica

KMEX- Channel 34, Univision
Various Departments
Location: Los Angeles

Merrill Lynch
Finance/Research
Location: Los Angeles

Wishing you much success,
Frank Ramirez, Internship Coordinator
Humanities 401 (Chalon) / Building 3 (Doheny), Ext. 4135 / 2577

Title V Transition Center Comes to Chalon Campus

Attention to all Athenian Community Five Members: Since our first cohort from the Fall of 2001 has arrived at Chalon, we have a special Academic Guide available in the Brady Patio office (underneath the stairs). Some of you will remember John Steakley from his early days at Doheny. John will be available Monday through Friday to help with academic tasks and other college issues. Drop by to say hello and get a spot lined up on John's busy schedule as we have a feeling it will fill up fast.

Tom Patchell
Coordinator, Title V Transition Center

The Health Corner

Carol Parente, RN, FNP

As the semester starts, and you are getting settled, here are a few hints to keep you healthy:

Close contact with lots of people (i.e. living in a resident hall) increases the likelihood that you will be exposed to viruses and bacteria that you are not used to. Viruses that cause colds and flu are different in different parts of the country, thus the virus your body has become immune to in south Los Angeles may be different than the one your roommate from Sacramento has. How can you reduce the risk of becoming sick? The best way is to boost your body's own immune system! Making sure that you eat a balanced diet, get enough sleep, exercise regularly and avoid excessive stress will help a lot! Avoiding the inhalation of second hand cigarette smoke will help too. Other obvious methods to avoid the spread of disease include: covering your mouth when coughing or sneezing; washing your hands regularly including after contact with oral or nasal secretions and before eating. Don't share drinking glasses or popcorn bowls.

In the next few weeks we will be writing articles with information we hope you will use to stay healthy! In the event you have a health concern, don't hesitate to call the Chalon Health Center at ext. 4110, make an appointment, and come see us!

Campus Ministry

Welcome to another academic year! Whether you are just beginning your life at the Mount or are an experienced Athenian, we wish you every blessing on the year ahead. This may well be the year in which you want to make your spiritual life a higher priority. Here are some opportunities for you! Call Campus Ministry at x4125 if you are interested in any of the following:

First Year Student Retreat on Sunday, September 14 (11:30 am to 8:30 pm) is for students from both of the Mount campuses, both residents and commuters, of every religious tradition, who are just beginning their time in college. This is a day of relaxation and reflection, fun and new friends!

Sunday Mass at 7 pm begins on **September 7** (we're off during Labor Day weekend). If you would like to serve as a **liturgical minister**, now is the time to sign up! You don't need to have had experience – only interest. We'll provide you with the training you'll need. We're looking for: ushers and greeters, bread-bakers, servers, lectors, eucharistic ministers, sacristans (the people who set up and take care of the chapel), artists, dancers, and choir members. There's something for everyone to do, and everyone is needed!

On September 7 we will begin our program of **Feeding the Homeless**. If you would like to help prepare food for the homeless on Sunday afternoon, or if you would like to have the food blessed at Mass and then take it to the homeless on Sunday evening, call Nercy at x4125.

Students of Every Religion are Welcome at the Mount. If you are Protestant, Orthodox, Jewish, Muslim or Buddhist, we have faculty or staff members of your religious tradition who are willing to give you support and assistance in finding a way to live your faith during your time at Mount St. Mary's. Please call Gail (x4126) to find the person who would be most helpful for you!

If you are thinking about **Confirmation** this year, or if you would like to think about **Baptism** or **First Communion**, call Gail (x4126). No obligations, no pressure! Ask all the questions that will help you to make a good decision for yourself.

Chalon Student News

Volume 10, Number 2

August 29, 2003

CALENDAR OF EVENTS

Labor Day

Monday, Sept. 1

Noon Prayer Service

Wednesday, Sept. 3 12:00 noon Mary Chapel

Kappa Delta Chi Info Night

Wednesday, Sept. 3 9:15 p.m. Lecture Hall

Theta Alpha Sigma Fundraiser

Thursday, Sept. 4 12:00 - 3:00 p.m. WC Patio

Kappa Delta Chi Toga Party

Thursday, Sept. 4 7:30 - 9:00 p.m. Pool

ASB Dance

Thursday, Sept. 4 9:00 p.m. - Midnight Circle

Super Saturday Power Workshop

Saturday, Sept. 6 8:30 a.m. - 12:30 p.m. Campus Ctr

LEARNING ASSISTANCE PROGRAMS/ISAE H207, Ext. 4144

ANALYTICAL SKILLS TUTORING

We are pleased to have Tim Schoettle join our staff as the Analytical Skills Faculty Tutor. Tim offers tutoring assistance for critical thinking, logic, and other analytical and philosophy classes. Tutoring is available by appointment or walk-in basis Mondays 12 noon - 6 p.m. and Tuesdays 2:00 - 6:00 p.m.

A FEW WORMS LEFT!

If you are an early bird that likes to be prepared, then ISAE has a TOOL KIT for you! TOOL KITS are available to those ISAE Participants who come to the Learning Center and sign up for a short "catch-up" appointment with their ISAE counselor! TOOL KITS are given out on a first-come first-serve basis - don't delay and miss our special treat!

GOT A LITTLE BIT OF FIESTA IN YA?

Join ISAE in celebrating Mexico's Independence Day at our Fall Fling on Sunday, September 21, 2003. The ISAE Fall Fling will be from 12 noon - 3 p.m. at the Doheny Campus. All ISAE Participants are invited to attend. Please sign-up in the ISAE Office with a \$5 refundable deposit. Transportation will be arranged leaving from Chalon.

IT'S NEVER TOO EARLY TO BE PREPARED!

Come in to the Chalon Learning Center to request tutors for your classes. Tutors will be available in all subject areas. Avoid the mid-semester rush and request your tutors today!

WRITING SUPPORT

The Writing Coordinator, Regina Meister, is available to provide additional writing instruction, feedback and support for all of your writing needs. Information and tutoring is available on grammar, APA, MLA, essays, research papers, GRE and CBEST essays. Make an appointment or drop by Monday - Thursday, 10:30 a.m. - 6:00 p.m., x 4144.

Mazed™ "Bichon Frise"

I.M.T.

START



FINISH

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Email Access for New Students

If you are a new student and do not have access to your MSMC email account yet, please pick up your account information from the following locations:

Chalon Commuters - see Annie Lin at Student Activities and Commuter Services (Humanities 1st Floor)

Chalon Residents – stop by the Residence Life Office

From the Registrar Ext. 4020

Last day to ADD/DROP a class for Fall 2003 is
Monday, September 08, 2003.

No ADD/DROP forms will be accepted after this date.

Are you Graduating?

The deadline to submit your graduation application for Spring 2004 is
Tuesday, September 16th, 2003.
Please stop by the Registrar's Office to pick up a Graduation Application.



DO YOU WANT TO SEARCH FOR MSMC CLASSES ON THE WEB?

WELL THE TIME HAS COME FOR YOU TO DO JUST THAT!

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Just go to www.msmc.la.edu and click on the WebAdvisor link on the upper left-hand side and you will be directed to the newest area on the web!

At this point, you are able to search for any class that is being offered for Fall 2003.

We are working hard to add more features like

- **looking up grades**
- **printing UNOFFICIAL transcripts**
- **viewing financial aid information**
- **applying for graduation**
- **and many more options!**

We look forward to your feedback on WebAdvisor and hope you enjoy

Searching For Classes!

***Shannon Shank
Director of Data Integration
Mount St. Mary's College***

TRAFFIC REMINDERS



Please be aware that the West Los Angeles Police Department has informed us that they will be enforcing speed control in the neighborhood, including Bundy Drive, Norman Place and Chalon Road. Please observe the speed limit and traffic laws at all times.



**Fitness Center
Ext. 4347**

**Want to be a part of a team?
Get competitive?
Have Fun?**

**There is still room for students to sign up
for Intramurals - Co-ed Basketball and
Women's Volleyball. Come on up to the
Fitness Center for more information.**

**Kappa Delta Chi
Pre Rush 2003**

Kappa Info Night

Wednesday, September 3rd at 9:15 p.m. in the Lecture Hall
Meet the sisters of KΔX and learn what sisterhood is all about
from those who know it best.

Toga Party

Thursday, September 4th at 7:30 p.m. at the Pool
Come grab a bite to eat with the ladies of KΔX before heading
out to the ASB dance. Don't forget your toga!

Announcements from the Career Center

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The Center receives information about a variety of jobs including tutoring, office work, sales positions and more. Visit us between 8 a.m. and 4:30 p.m. to learn more about these positions.



Premier Screening

Tuesday, Sept. 9, 7 p.m.

Egyptian Theater, Hollywood

Busses depart Chalon and Doheny at 5:30

Reservations required by Sept. 3

Seating is limited. Reception to follow.

The debate about race in this country is no longer about how race is defined. Today, the most-asked question is: how is it lived? The *Matters of Race* series that will be shown this fall on PBS seeks to invite an exploration of a topic that plays a significant role in all of our lives. In order to promote awareness about the series and stimulate discussion, the college community has been invited to a screening sponsored by Latino Public Broadcasting and the Los Angeles Latino International Film Festival. Producers Lulie Haddad and Phil Bertelsen will attend and a reception will follow the screening hosted by Flor de Caña. The screening will include two pieces from the series, one on the King-Drew Medical Center and another on the census.

For reservations and questions contact Debbie Giunta, Center for Cultural Fluency x2533, dgiunta@msmc.la.edu or sign-up at the ASB offices at Chalon and Doheny by Wed. Sept 3. Classes, dorms, family, and friends are welcome. You will need to make a reservation for both the screening and the bus. Indicate from which campus you would like to leave. The last shuttle to UJ will wait for the screening bus to return to Chalon. If you prefer to drive yourself, parking will probably be \$8. The Egyptian Theater is located at 6712 Hollywood Blvd, just east of Highland. Hope you'll join us for an interesting evening!



THE RETURN OF "THE OC"



On Tuesday, September 2, "The OC" will be filming again at Chalon. Filming will take place from 7:00 a.m. until 10:00 p.m. in the Circle and on the Chapel steps. The entrance to Humanities (through the Little Theater Foyer) may be blocked for brief periods of time, but no filming will take place in any buildings. The Circle parking lot will be off-limits, as well as parking spots along the south side of the Tennis Courts—signs have been posted.

Submit your activities, events or announcements to the Chalon Student News and keep the campus informed!

cnews@msmc.la.edu

Chalon Student News

Volume 10, Number 3

September 5, 2003

Calendar of Events

Super Saturday

Saturday, Sept. 6 8:30 a.m.-12:30 p.m. Campus Center

Mass

Sunday, Sept. 7 7:00 p.m. Mary Chapel

"The OC" Filming

Monday, Sept. 8 All Day Around Campus

F.A.S.A. Meeting

Tuesday, Sept. 9 8:00 p.m. Lecture Hall

Kappa Delta Chi *Getting to Know You Night*

Tuesday, Sept. 9 9:15 p.m. Campus Center

Noon Prayer Service

Wednesday, Sept. 10 12:00 noon Mary Chapel

Alpha Tau Delta Meeting

Wednesday, Sept. 10 6:30 p.m. Little Theater

Pi Theta Mu Meeting

Wednesday, Sept. 10 9:15 p.m. Lecture Hall

Kappa Delta Chi *PJ Party*

Thursday, Sept. 11 9:15 p.m. Lecture Hall

Carpool Program!!!

Student Activities & Commuter Services Humanities 1st Floor, Ext. 4120

The Carpool Program begins on
Monday, September 8th.

Start collecting your tokens at
the Main Gate Security Booth.

* Please remember that you may only park in the carpool reserved spaces on the 4th floor of the parking structure on the days you carpool and have your carpool permit displayed.

* If you are looking for a carpool partner, stop by the Student Activities and Commuter Services office for more information.



From the Registrar
Ext. 4020

Last day to ADD/DROP a class for Fall 2003 is
Monday, September 08, 2003.

No ADD/DROP forms will be accepted after this date.

Are you Graduating?



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Tuesday, September 16th, 2003.

Please stop by the Registrar's Office to pick up a Graduation Application.

MAJOR FAIR COMING TO CHALON. . .

When: Tuesday, September 16

Where: Lecture Hall

Time: 12:30 - 2:00 p.m.

The Maximize Your Major Fair is an excellent opportunity to learn how you can add a major or minor, learn about the various academic departments, play some games, and win prizes. We'll be looking for you at the Fair!

Sponsored by:
Academic Advisement and Career Planning

EMPOWER YOURSELF

DO YOU EVER WISH.....

YOU COULD FEEL BETTER ABOUT YOURSELF?

YOU WEREN'T SO SELF-CRITICAL?

YOU COULD TAKE BETTER CARE OF YOURSELF?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS,
YOU'RE IN LUCK! A WEEKLY SELF-ESTEEM GROUP IS
NOW FORMING TO HELP YOU FACE THESE QUESTIONS
THAT ALL PEOPLE ASK THEMSELVES.



WHEN: BEGINS MONDAY SEPTEMBER 22ND

TIME: MONDAYS 11:30-12:30

LENGTH: 4 WEEKS

WHO: ALL MSMC FULL-TIME STUDENTS

COST: FREE

RSVP: (310) 954-4114

PRE-REGISTRATION IS REQUIRED

SPACE IS LIMITED

SPONSORED BY COUNSELING & PSYCHOLOGICAL
SERVICES

Fitness Center Ext. 4347

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### **Intramurals vs. UCLA**

**VOLLEYBALL** will be practicing at  
7:00 p.m. on Tuesday, September 9th.  
It is not too late to join in on the fun!

**CO-ED BASKETBALL** will be practicing  
on Wednesday, September 10th at  
7:00 p.m.

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Save the date!

September 15th and 29th
7:00 - 8:00 p.m.

Come on by the Lecture Hall to
join in the fun of **HIP HOP**.

Our Fitness Education Instructor
Heidi will run the program. No
need to sign up; just show up and
be ready to go.

WORD and LETTER play



Unscramble

You've done word scrambles before,
but for some reason people find this
one particularly difficult. Can you
work with the following letters to
spell a 10-letter English word?

TTNENUMROA



LEARNING ASSISTANCE PROGRAMS/ISAE H207, EXT. 4144

EXCEPTIONAL STUDENTS--WE WANT YOU!

We are seeking peer tutors in all academic areas. Qualifications include an overall "B" average with a faculty recommendation in the class or subject you desire to tutor. You will be provided with a nationally certified training program to give you adequate preparation and be compensated on an hourly basis for the hours you train and tutor. Visit Daniel at the Learning Center in H207, or phone x4142 to set up an appointment. We look forward to seeing you!

ARRIBA ARRIBA ARRIBA!

Join ISAE in celebrating Mexico's Independence Day at our Fall Fling on Sunday, September 21, 2003. The ISAE Fall Fling will be from 12 noon - 3 p.m. at the Doheny Campus. All ISAE Participants are invited to attend. Please sign-up in the ISAE Office with a \$5 refundable deposit. Transportation will be provided leaving from Chalon at 11:30 a.m.

ISAE PA on the way!!!!

Peer Advisors will be contacting ISAE participants following their Fall Training on September the 13th. Please make sure you have marked your calendar to attend the *Fall Fling* on Sunday, September 21st where you will have the opportunity to meet your Peer Advisor. See you all then!

REQUEST YOUR TUTORS TODAY!

Don't wait too long to get your tutors lined up for the semester. Pick up tutor request forms in the Learning Center. It's never too early to be prepared!

Taking a Logic, Critical Thinking or other Philosophy Class?

Visit our faculty tutor in the Learning Center for help making sense of it all! Tim Schoettle is available Mondays from 12:00-6:00 and Tuesdays 2:00-6:00. Sign up for individual tutor sessions in the Learning Center.



KAPPA DELTA CHI PRE RUSH 2003

Getting to Know YOU Night



Tuesday, September 9th at
9:15 p.m. in the Campus
Center

Shakey's Night



Wednesday, September 10th
from 6:00 to 9:00 p.m.
6052 West Olympic Blvd, Los Angeles

PJ Party



Thursday, September 11th
at 9:15 p.m.
in the Lecture Hall

LATINAS UNIDAS

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Second LU General Meeting Tuesday, September 16th

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Friday and Saturday September 19th and 20th LU Retreat

**All members and interested
students are invited to attend.**

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**If you have any questions,
comments, or concerns, please
contact Sara, President of LU, at
ext. 4452 or Stephanie at ext.
4425.**

CAMPUS MINISTRY
EXT. 4125



MASS MATTERS:

Sunday Mass at 7 p.m. begins as usual this week, on September 7 in Mary Chapel. Get your week off to a good start! Everyone is welcome – Catholic or not, family and friends.

Hang around after Mass for some Didi Reese cookies and conversation!

If you would like to sing in the choir, come at 5:30 pm. Or call Laura at x 4124.

If you would like to be a liturgical minister (eucharistic minister, lector, server, breadbaker, usher) give Gail a call at x4126.

FEED THE HOMELESS

This Sunday, September 7, join in helping prepare and bring food for the homeless in Santa Monica.

Here's how it works (you can do any or all of the following):

- At **5-5:30 p.m.**, in the Campus Center, you can help put together **meal bags**.
- At **7-8 p.m.**, in the chapel, you can help **bring the meal bags to the altar at Mass**, and have them blessed by our community.
- **After Mass (around 8-10 p.m.)**, you can help to take them to Santa Monica, to **distribute the food to homeless people** who've been hungry that day.

Interested? Call Nercy at x4125

FIRST YEAR STUDENT RETREAT

Is this your first year at the Mount? Then this is made just for you!

Whether you are a first-year college student or a transfer to the Mount, Catholic or not, here is a great chance to meet new friends with whom to share your hopes and dreams... and some great food!

Sign up NOW for **Come to the Feast!**, a retreat on **Sunday, Sept. 14, from Noon to 9 pm** on the Chalon Campus and in the beautiful Carondelet Center...

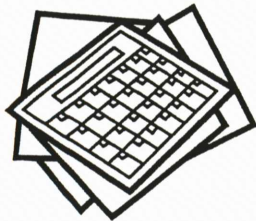
Registration deadline is Wednesday, September 10.

Interested? Have questions? Want to sign up? Call Laura at x4124.

A TIME OF PEACE

Take time on Wednesdays at Noon for 15 minutes of reflection and prayer.

Just come to the chapel to join in with other Mount students of many faiths for some quiet moments of song, prayer, scripture and reflection. Pray for peace in the world, and bring peace with you for the rest of the day!



MARK YOUR CALENDARS!!!

MID-SEMESTER BREAK IS

FRIDAY, OCTOBER 17TH

**SUBMIT YOUR ACTIVITIES, EVENTS OR ANNOUNCEMENTS TO THE
CHALON STUDENT NEWS AND KEEP THE CAMPUS INFORMED!
CNEWS@MSMC.LA.EDU**

Chalon Student News

Volume 10, Number 4

September 12, 2003

Calendar of Events

Mass

Sunday, Sept. 14 7:00 p.m. Mary Chapel

Monday Concert

Monday, Sept. 15 11:00 a.m. Little Theater

Women for Community Medicine Boba Sale

Monday, Sept. 15 10:00 a.m.- 2:00 p.m. WC Patio

Latinas Unidas General Meeting

Tuesday, Sept. 16 9:30 p.m. Lecture Hall

Maximize Your Major Fair

Tuesday, Sept. 16 12:30 - 2:00 p.m. Lecture Hall

Intramural Practice

Volleyball

Tuesday, Sept. 16 7:00 p.m. Fitness Center

Basketball

Wednesday, Sept. 17 7:00 p.m. Fitness Center

Pi Theta Mu Meeting

Wednesday, Sept. 17 9:15 p.m. Lecture Hall

Plagiarism Workshop

Thursday, Sept. 18 1:00 - 2:00 p.m. H205

Town Hall Meeting

Thursday, Sept. 18 1:00 - 2:00 p.m. Lecture Hall

Women for Community Medicine General Meeting

Thursday, Sept. 18 6:00 p.m. H403

Latinas Unidas Retreat

Friday & Saturday, Sept. 19-20 6:00 p.m. Lecture Hall

Phi Alpha Delta Weekend College Food Sale

Saturday, Sept. 20 12:00 p.m. WC Patio

ARE YOU GRADUATING?

The deadline to submit your graduation application for Spring 2004 is

Tuesday, September 16th, 2003.

Please stop by the Registrar's Office to pick up a Graduation Application.

MAJOR FAIRS

Mark your calendar and attend the

MAXIMIZE YOUR MAJOR FAIR AT CHALON

Tuesday, September 16th
from 12:30-2:00 p.m.
in the Lecture Hall

OR

MEET YOUR MAJOR FAIR AT DOHENY

Thursday, September 18th
from 12:30-2:00 p.m.
on the patio outside of Building 4

Learn more about your major, explore career options, add a major or a minor, play some games, win prizes and explore internship/volunteer opportunities. The following sites will also be at the fairs:

- ◆ Westside Family Resource Center (Chalon only)
- ◆ Latino Family Outreach Project
- ◆ Braille Institute
- ◆ LAC + USC General Hospital
- ◆ The Bresee Foundation
- ◆ Hillside Altadena Family Center

We look forward to seeing you at one of the fairs!

Sponsored by Academic Advisement and Career Planning

Campus Ministry Announcements Ext. 4125



- ✂ Come and meet new friends at CLC Monday, September 15, 2003. This group meets from 9:15 to 10:15 p.m. in the lounge on Carondelet 4th floor. This is an opportunity to share life stories with others. It is a place where support can be found. Take some time out for YOU!
- ✂ **ALL ARE WELCOME!**
Celebrate Mass Sunday, September 14, 2003 at 7:00 p.m. You need not be of the Catholic faith to attend. Feel free to bring a friend!
- ✂ Our Feeding the Homeless project takes place every Sunday that the College is in session. Sack meals are prepared from 5:30 to 6:30 p.m. in the Campus Center. The meals and those distributing the meals are then blessed at Mass. Meet in front of Mary Chapel at 8:15 p.m. for departure.
- ✂ The Feeding the Homeless project is in need of donations, such as juices and snack foods. If you are interested in donating, please contact Nercy Pineda at extension 4125. Thank you!

FITNESS CENTER EXT. 4347

INTRAMURAL PRACTICES:

Volleyball

Tuesday, Sept. 16th at 7:00 p.m.

Basketball

Wednesday, Sept. 17th at 7:00 p.m.

OPEN AND FREE CLASSES

Hip Hop

7:00-8:00 p.m. in the Lecture Hall

Mondays, September 15th and 29th

SMARTBODIES

Smartbodies will be returning shortly. We will be having appointments available for personal one-on-one training as well as swimming. Stay tuned and come on by the Fitness Center.

SAD NOTE:

The Fitness Center has had over 20 towels disappear since classes began. We can no longer offer this great service until our towels come home. Please return the towels with no questions asked. Thank you.

Spend a Week in Washington, D.C. with PLEN

What: Women & Congress Seminar

When: March 15-19, 2004

Where: Washington, D.C.



PLEN offers the Women & Congress Seminar for women students from across the country to learn about the public policy process. Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge with you, the women leaders of tomorrow.

TAKE A MEMORABLE TRIP THIS SPRING BREAK!

**ATTEND AN INFO. SESSION TO LEARN MORE
ABOUT THIS GREAT OPPORTUNITY!!!**

WHEN: THURSDAY, OCTOBER 2ND, 1:00 - 2:00 P.M.

WHERE: PRESIDENT'S CONFERENCE ROOM AT CHALON

For more information, contact Women's Leadership in room H200A (ext. 4350) or visit www.plen.org

Women In Networking

All applicants to the WIN program must attend a WIN Workshop. Please plan to attend one of the following:

Monday, September 22 at Doheny - 6-8 p.m.

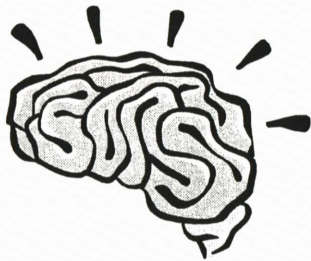
Saturday, October 10 at Chalon - 9:30-noon



Sign up for the workshops
in the Career Centers:

Chalon - H401 or
Doheny - Building 3

**Here is the answer to last week's
brainteaser:**



"TTNENUMROA"

**Unscrambled is
TOURNAMENT**

**Submit your activities,
events or announcements
to the Chalon Student
News and keep the
campus informed!
cnews@msmc.la.edu**

LEARNING ASSISTANCE PROGRAMS/ISAE H207, Ext. 4144

Catch up with ISAE!

If you haven't made an ISAE "catch up" appointment with your ISAE Counselor, please call the ISAE office at (310) 954-4144 or stop by H207 to schedule your appointment. We're looking forward to meeting with you soon!

Sign up for *Phantom of the Opera* EARLY

ISAE will start PRIORITY sign-ups for Phantom of the Opera at the Fall Fling on September 21, 2003. To sign up you must be PRESENT at the Fall Fling. Sign up to attend the ISAE Fall Fling in the ISAE Office so you don't miss this opportunity! Be sure to bring your \$10 refundable deposit with you to the Fling!

TACOS, ENCHILADAS, & A PINATA

Join ISAE in celebrating Mexico's Independence Day at our Fall Fling on Sunday, September 21, 2003. The ISAE Fall Fling will be held from noon-3 p.m. at the Doheny Campus. All ISAE Participants are invited to attend. Please sign up in the ISAE Office with a \$5 refundable deposit. Transportation will be provided leaving from Chalon at 11:30 a.m.

DINNER, MUSEUM, & COLD TOFU

ISAE students: this is your chance to have Japanese food, go to a museum, & see *Cold Tofu*, the premier multi-cultural comedy improvisation group on Thursday, September 25th, 2003, from 4:30 p.m.-9:30 p.m. Shuttle will leave from the Circle. Bring your \$10 refundable deposit when signing up in the ISAE Office.

Freshmen, don't let your fans down!

Pick up tips to stay in the show by attending SURVIVOR: The Freshman Edition. This workshop is designed to acquaint you with the basic tools for academic success in your first year of college. The workshop will take place at 1:00 p.m. this Thursday, September 18th in H205. Sign up outside the Learning Center (H207) or call Daniel @ x4142 for details.

Practice for the LSAT

Thinking about going to law school? Our LSAT study group will begin meeting twice a week at the Chalon Learning Center on Mondays and Tuesdays from 2:00 p.m. - 3:00 p.m. The first group meeting will be on Monday, September 22, 2003. It's never too early to start preparing!

EMPOWER YOURSELF

DO YOU EVER WISH.....

YOU COULD FEEL BETTER ABOUT YOURSELF?
YOU WEREN'T SO SELF-CRITICAL?
YOU COULD TAKE BETTER CARE OF YOURSELF?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, YOU'RE IN LUCK! A WEEKLY SELF-ESTEEM GROUP IS NOW FORMING TO HELP YOU FACE THESE QUESTIONS THAT ALL PEOPLE ASK THEMSELVES.



WHEN: BEGINS MONDAY, SEPTEMBER 22ND

TIME: MONDAYS 11:30-12:30

LENGTH: 4 WEEKS

WHO: ALL MSMC FULL-TIME STUDENTS

COST: FREE

RSVP: (310) 954-4114

PRE-REGISTRATION IS REQUIRED
SPACE IS LIMITED

SPONSORED BY COUNSELING &
PSYCHOLOGICAL SERVICES

Latinas Unidas

- ✧ LU General Meeting
Tuesday, September 16th
- ✧ LU Retreat
Friday and Saturday
September 19th and 20th
All members and interested
students are invited to attend.

If you have any questions, comments, or concerns, please contact Sara at ext. 4452 or Stephanie at ext. 4425.

Women for Community Medicine Announcements:

MMMMMMmmmm.....Boba!

Women for Community Medicine invites the entire Mount Community to delight their taste buds with a mouth-watering Boba drink. The drink will be served with Thai Iced Tea (yummy) for only \$2.00, a small price to pay for an appetizing taste. Monday, September 15th from 10 a.m. - 2 p.m. on the Weekend College Patio.



*****Members, Please Don't Forget *****

We will be having a meeting on Thursday, September 18th in room H303 at 6 p.m. Anyone considering a career in Medicine is welcome to attend.

EMPOWER YOURSELF POLITICALLY!

Register to vote through the Learning Center (H207), Campus Ministry (H120) or Women's Leadership (H200A) by September 22! We're happy to answer any questions and have informative handouts. Don't miss the upcoming election whether you're against the Recall, and/or for Bustamante, Huffington, Schwarzenegger or any of the others! Also, anyone who is interested in helping to register voters on campus, please call Gina at x 4147.



Chalon Student News

Archives
MSMG

Volume 10, Number 5

September 19, 2003

Calendar of Events

Phi Alpha Delta - Food Sale

Saturday, Sept. 20 11:00 a.m. - 2:00 p.m. WC Patio

Mass

Sunday, Sept. 21 7:00 p.m. Mary Chapel

Alpha Tau Delta - Krispy Kreme Sale

Monday, Sept. 22 8:00 a.m. - 12:00 noon Little Theater

Monday Concert

Monday, Sept. 22 11:00 a.m. - 1:00 p.m. Little Theater

Kappa Delta Chi & Campus Ministry Clothing Drive

Tuesday - Thursday, Sept. 23 - 25
12:30 p.m. - 2:30 p.m. Little Theater

Noon Prayer Service

Wednesday, Sept. 24 12:00 noon Mary Chapel

Na Puao Ka Aina Meeting

Wednesday, Sept. 24 9:00 - 11:00 p.m. Lecture Hall

Meet Your ASB

Thursday, Sept. 25 12:00 noon - 2:00 p.m. Campus Ctr & Circle

Accounting Association Meeting

Thursday, Sept. 25 4:00 - 5:00 p.m. H202

MAJOR FAIR AT CHALON A MAJOR SUCCESS!!!

Over 150 students attended the Maximize Your Major Fair at Chalon on Tuesday, September 16. The Academic Advising and Career Center Staff would like to give A BIG THANK YOU to all the faculty and staff who helped make this event a huge success.

The winners of the Raffle are:

Rae'Ven Kelly (Traveling Office Kit) and Aida Rios (AMC Movie Tickets donated by Student Activities and Commuter Services).



LEARNING ASSISTANCE PROGRAMS/ISAE

H207, Ext. 4144

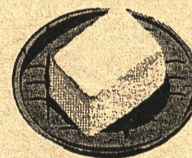
DON'T LET YOUR TIME CRUMBLE AWAY!

Take charge! Stay on top! Take the "Time on a Budget Workshop!" Access the latest ideas for managing your time, your course schedule & your life. We'll meet at 1:00 p.m., Thursday, September 25th in H205. Sign up outside the Learning Center in H207.



TEMPURA, RICE & COLD TOFU!

ISAE students: this is your chance to have Japanese Food, go to a museum, & see *Cold Tofu*, the premier multi-cultural comedy improvisation group on Thursday, September 25th, 2003, from 4:30 p.m.-10:00 p.m. Shuttle will leave from the Circle. Bring your \$10 refundable deposit when signing up in the ISAE Office.



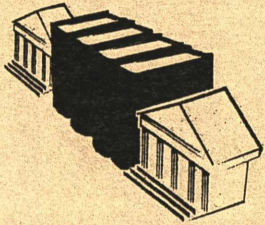
ISAE DATES TO KNOW!

- ⇒ *California Governor's Conference for Women* 10/22 from 7 a.m.-6:30 p.m. Sign-ups start Monday, September 29th @ 9 a.m.!
- ⇒ *Phantom of the Opera* 10/26 from 5:30 p.m.-11:00 p.m.~ Regular sign-ups start on Monday, October 6th @ 9 a.m.!

Don't forget to bring your \$10 refundable deposit when signing up for ISAE events!

Thinking about going to Law School?

The LSAT study group with Tim Schoettle meets twice a week at the Chalon Learning Center, H207.



Mondays
2:00 p.m. – 3:00 p.m.
Tuesdays
2:00 p.m. – 3:00 p.m.
One-on-one LSAT
tutoring also available.

It's never too early to start practicing for the LSAT!

Latinas Unidas Events

Shakey's Night



Thursday, September 25
6:00 - 9:00 p.m.

3033 Santa Monica
Santa Monica, CA 90404
(310) 828-3416

Carwash



Saturday, September 27
10:00 a.m. - 3:00 p.m.

Del Taco parking lot on Figueroa
(near Doheny)

Questions? Call Sara at extension
4452

SPEND A WEEK IN WASHINGTON, D.C. WITH PLEN

What: Women & Congress Seminar

When: March 15-19, 2004

Where: Washington, D.C.

PLEN offers the Women & Congress Seminar for women students from across the country to learn about the public policy process. Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge with you, the women leaders of tomorrow.

TAKE A MEMORABLE TRIP THIS SPRING BREAK!



Attend an Info. Session to learn more
about this great opportunity!!!

When: Thursday, October 2nd, 1:00 - 2:00 p.m.
Where: President's Conference Room at Chalon

For more information, contact Women's Leadership in room H200A (ext. 4350) or visit www.plen.org

**Submit your activities,
events or announcements to
the Chalon Student News
and keep the campus
informed!**
cnews@msmc.la.edu

What's going on with Campus Ministry?

Sunday Mass: Don't Miss It! Get your week off to a good start at Sunday Mass on September 21, 2003 @ 7:00 p.m. in Mary Chapel. Come at 5:30 p.m. if you want to sing in the choir. And stay after Mass for some milk & cookies and conversation! *Everyone is welcome – Catholic or non-Catholic, friends and family.*

Feeding the Homeless takes place every Sunday night, and everyone is welcome to get involved. It includes Meal Preparation at 5:30-6:30 in Campus Center. The food and those who will distribute it are then blessed at our 7 p.m. Sunday Mass. Distribution of the food begins after Mass. At 8:15, people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. Interested? Call Nercy in Campus Ministry @ 4125 – or just show up on Sunday!

REGISTER TO VOTE!!!! *The deadline is this Monday, September 22.* Not registered to vote yet? Time to get it done, and make sure that you can be a thoughtful member of the decision-makers of our state and country! Register now! Find a voter registration table around campus, or come to the Campus Ministry office..

Confirmation Time? Do you want to be confirmed this year? Interested in First Communion? Baptism? Becoming Catholic? Call Campus Ministry @ 4125 and ask for Shelley.

Reflection Time: Looking for a way to spend a little time in reflecting on how your life is going, and praying with a few other students? You might find just the perfect place in the CLC (Christian Life Community), a fellowship-based small prayer group that meets for an hour once a week. Everyone is welcome, and conversation is kept confidential. If you are interested, give Laura Gomez a call at x4124.

Quote of the Week...

Archives
MSMG

Experience is a hard teacher because she gives the test first, the lesson afterwards.

-Vernon Sanders Law



Smart+bodies...

Smart+bodies...

Smart+bodies...



Appoin+men+ts are available now up at the Fitness Center. If you would like some one-on-one swimming instruction, or a personal

Fitness program designed especially for you, come on by and sign up.

In+tramurals

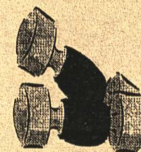
Prac+ice For Women's Volleyball will be held on Tuesday, September 23rd at 7:00 p.m. and For Co-ed Baske+ball, prac+ice will be held on Wednesday, September 24th at 7:00 p.m.

Hip Hop

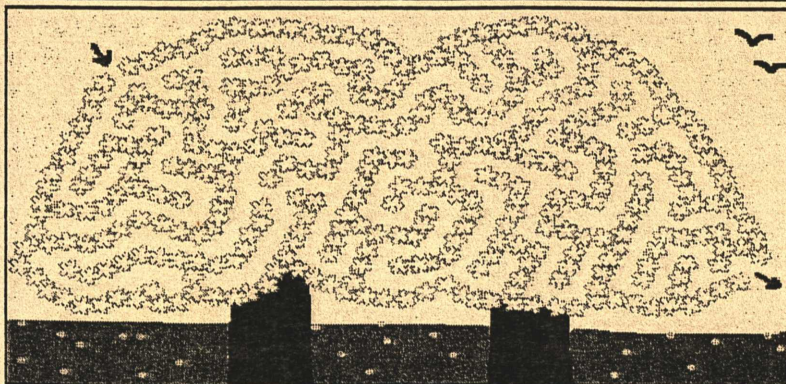
The nex+ open and free Hip Hop class by Heidi will be Monday, September 29th at 7:00 p.m. in the Lecture Hall.

Fitness Center News

Just+ by chance if you have not come by yet this year we do have some new equipment: a heavy punching bag and swivel ball (gloves + check out), new dumbbell set and weight bars.



If you have always wanted to play tennis but have had nobody to play with, come on by on Monday, September 22nd to get trained on the Tennis Ball Machine. This is a great way to get a workout and perfect your stroke. This training will be offered between 7:30 a.m.-4:00 p.m.



EMPOWER YOURSELF

Do you ever wish.....

you could feel better about yourself?
you weren't so self-critical?
you could take better care of yourself?

If you answered yes to any of these questions, you're in luck! A weekly self-esteem group is now forming to help you face these questions that all people ask themselves.



When: begins Monday, September 22nd

Time: Mondays 11:30–12:30

Length: 4 weeks

Who: all MSMC full-time students

Cost: free

RSVP: (310) 954-4114

Pre-registration is required

Space is limited

Sponsored by Counseling & Psychological Services

The Health Corner

Carol Parente, FNP

Do you know about meningococcal disease?

Meningococcal disease is a serious illness caused by bacteria that infect the blood or membranes surrounding the brain and spinal cord. It can lead to brain damage, disability or death.

It is most common in infants and in people with medical conditions that cause a decreased immune system. College freshmen, especially those who live in dorms have a modestly increased risk of getting the disease. About 100 cases occur on college campuses in the US each year with 5 – 15 deaths.

Common symptoms of meningitis include stiff neck, headache, fever, sensitivity to light, sleepiness, confusion and seizures.

How can you avoid getting Meningococcal Disease?

You can protect yourself by maintaining good health and hygiene. You should wash your hands frequently. Avoid sharing materials that make mouth contact such as eating utensils, bottles, cigarettes, or lip balm. If you are in contact with anyone with the symptoms of meningitis contact your healthcare provider immediately.

There is a vaccine for Meningococcal Disease which is recommended for persons at above-average risk for getting the disease. This includes persons with certain immune system problems, those missing a spleen, and travelers to countries where meningococcal disease is common. The CDC does not recommend the vaccine for all college students but because the risk is higher for **freshmen** living in dorms, it should be considered.

The vaccine is available at the Student Health Center for \$65. The Meningococcal vaccine may cause reactions such as pain or fever. If you are interested in receiving the vaccine, or wish more information please contact the Student Health Center (ext. 4110).

For more information on Meningococcal Disease and the vaccine please check the web site:
www.cdc.gov/ncidod/diseaseinfo/meningococcal_g.htm,
www.cdc.gov/nip/publications/VIS/default.htm, or
www.acha.org/info_resources

Women In Networking



All applicants to the WIN program must attend a WIN Workshop. Please plan to attend one of the following:

Monday, September 22 at Doheny - 6-8 p.m.

Saturday, October 10 at Chalon - 9:30-noon

Sign up for the workshops
in the Career Centers:

Chalon - H401 or
Doheny - Building 3

Calendar of Events

Mass		
Sunday, Oct. 5	7:00 p.m.	Mary Chapel
"The OC" Filming		
Monday, Oct. 6	7 a.m.-8 p.m.	The Circle
Monday Concert		
Monday, Oct. 6	11 a.m.-1 p.m.	Little Theatre
Latinas Unidas "Craft Sale"		
Monday, Oct. 6	11 a.m.-3 p.m.	Weekend College Patio
FASA Fundraiser		
Tuesday, Oct. 7	10 a.m.-2 p.m.	The Circle
Na Puao Ka Aina		
Tuesday, Oct. 7	11:30 a.m.-3:30 p.m.	WC Patio
Wanda Coleman Reading		
Tuesday, Oct. 7	2:30 p.m. - 3:30 p.m.	Art Gallery
Etiquette Dinner		
Tuesday, Oct. 7	6:00 - 8:30 p.m.	Doheny Mansion
Leadership Transcript Info. Session		
Tuesday, Oct. 7	5:00 p.m.	Presidents' Conf. Room
Noon Prayer		
Wednesday, Oct. 8	12:00 noon	Mary Chapel
Phi Alpha Delta "Choco-Banana Sale"		
Wednesday, Oct. 8	11 a.m.-2 p.m.	WC Patio
Latinas Unidas "Salsa Fundraiser"		
Wednesday, Oct. 8	6:30 - 10:00 p.m.	Campus Center
Kappa Delta Chi "Bake Sale"		
Thursday, Oct. 9	11 a.m.-2 p.m.	Weekend College Patio
Sigma Beta Delta "Food Sale"		
Thursday, Oct. 9	1:00 - 3:00 p.m.	WC Patio
Philosophy Club Film Night		
Thursday, Oct. 9	6:00 -8:00 p.m.	DH301

Student Activities and Commuter Services

Tickets for
KNOTT'S SCARY FARM HALLOWEEN HAUNT
are now on sale at the ASB Ticket Office
(1st floor Humanities, Student Activities and
Commuter Services).

Tickets are available for the following dates:

Friday, October 17 - \$29.00
Saturday, October 18 - \$33.00
Thursday, October 23 - \$29.00
Friday, October 24 - \$33.00
Friday, October 31 - \$33.00
Saturday, November 1 - \$29.00

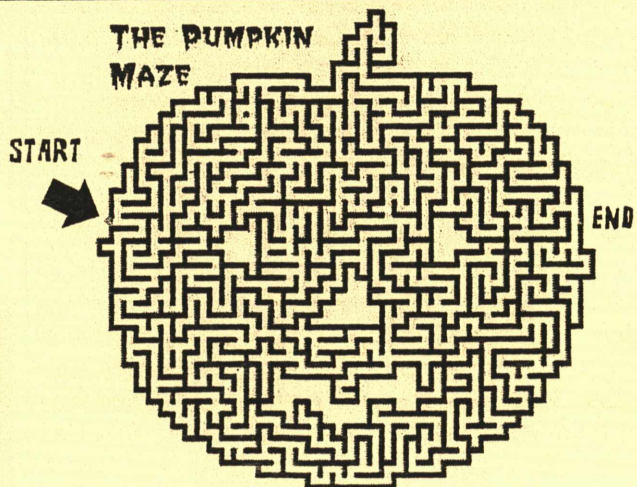


***Please come by to purchase your tickets anytime during our hours of operation: Monday - Thursday 8:00 a.m. - 4:30 p.m. and Friday 8:00 a.m. - 12:00 p.m. CASH ONLY please.**



Announcement from ASB

Minutes are available from the last **Town Hall Meeting**, that was held on Thursday, September 18th concerning food services. Minutes can be seen in the ASB display case in the Little Theatre Foyer or picked up in the SACS office upon demand.



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~~~~~ **POWER READING** ~~~~~

Is your reading time giving you results? Do you remember what you just covered? Come and discover a three-phase technique for getting a better grasp on your reading material. Find out what you can do before, during, and after a reading assignment to make it more meaningful. Attend the Power Read workshop during the free period, 1:00 to 2:00 p.m., on Thursday, October 9th in H205. Sign up outside the Learning Center H207. See you there!

❖ **WANDA COLEMAN POETRY READING** ❖

Wanda Coleman, renowned poet, will be reading at the Chalon campus on **Tuesday, October 7 at 2:30 p.m. in the Drudis-Biada Art Gallery**. Ms. Coleman is known for her incisive, direct poetry and her intimacy with Los Angeles. She was born and raised in Watts, struggled as a young welfare mother and has worked as a medical secretary, journalist, editor and scriptwriter. Please come and hear this *dynamic* poet who has been awarded fellowships from the National Endowment for the Arts and from the Guggenheim Foundation. She has published numerous collections of poetry including *Bathwater Wine* (for which she received the 1999 Lenore Marshall Poetry Prize from the Academy of American Poets); *Mercurochrome*; *Images*; *Heavy Daughter Blues*; *Poems & Stories, 1968-1986*; *African Sleeping Sickness*; *Native in a Strange Land: Trials & Tremors*; *A War of Eyes & Other Stories*; *Hand Dance*; and *Mambo Hips & Make Believe: A Novel*. Help us welcome her here at the Mount. Sponsored by ISAE and Women's Leadership

**The California Governor's Conference  
for Women**

The Conference will be held on Wednesday, October 22<sup>nd</sup> at the Long Beach Convention Center. Transportation has been arranged and will leave the Chalon Campus at 7 a.m. and return after 6:30 p.m. Spaces are limited and going fast! Don't forget to bring your \$20 refundable deposit when signing up in the ISAE Office! Spaces will be awarded on a first-come, first-served basis.

◆ ◆ ◆ **PHANTOM IS HERE** ◆ ◆ ◆

*Sign-ups for Phantom of the Opera* start Monday, October 6<sup>th</sup> @ 9 a.m.! ISAE will be attending the Phantom of the Opera on Sunday, October 26<sup>th</sup>. The bus will leave at 5:30 p.m. from behind the Chalon Chapel and return after 11:30 p.m. Spaces are limited! Don't forget to bring your \$10 refundable deposit when signing up for this ISAE event!

**Important Announcements  
from the Academic Policy Committee**

At the September 19, 2003 meeting the Academic Policy Committee agreed to make the following policy effective as of Spring 2004:

\*The Mount St. Mary's College Registrar's Office will only accept transcripts that have been mailed directly to MSMC from another institution.

\*Transcripts that are hand-delivered or mailed by the students will **not** be accepted as "official" and can only be used for purposes of "unofficial evaluation" by the Admissions Office for all programs and by the Academic Advisement Centers.

\*Anyone who opens a transcript that has been mailed to MSMC from another institution must write the word, "official", the date opened, and their signature on the transcript. It is also a good procedure to attach the envelope in which the transcript was received.

**Fitness Center • Ext. 4345**

**Smartbodies Alert!**

Appointments are available now up at the Fitness Center. If you would like some one-on-one swimming instruction, or a personal fitness program designed especially for you, come on by and sign up.

**Intramural Update**

Game schedules are available at the Fitness Center. First game for Women's Volleyball is Wednesday, October 8th and Co-ed Basketball is Monday, October 13th.

**HAUNTED TREK**

The Haunted Trek Incentive Program begins on Monday, October 6th and ends on Friday, October 31st. Sign-ups begin on October 1st and throughout the program. Don't let the ghosts scare you away from working out! For more information, fly on up to the Fitness Center to check us out.

Submit your activities, events or  
announcements to the Chalon Student News  
and keep the campus informed!

[cnews@msmc.la.edu](mailto:cnews@msmc.la.edu)



## Announcements from the Career Center

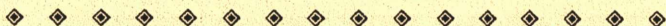
Humanities 401 ♦ Extension 4070

### WIN Deadline fast approaching!

All students applying for the WIN (Women In Networking) Program must submit their completed application by October 17, 2003. Applications are available at both Chalon (H401) & Doheny (Bldg. 3) Career Centers. Students are required to attend a WIN Preparation Workshop prior to submitting their application. The last workshop is scheduled for Saturday, October 11 at 9:30 a.m. at Chalon. For more information and to sign up for this workshop, visit one of the Career Centers.

### Graduate School Workshop

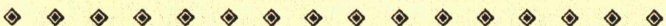
The Graduate School Workshop has been rescheduled for October 30. If you're considering graduate school, this workshop will provide you with information about the application process, financial aid and much more. For more information and to sign up, stop by the Chalon Career Center.



**Juniors and Seniors** — Thinking about working for an ad agency, interested in a career in broadcasting or at an internet or media company? Then you should plan on attending one of the events listed below.

- \* On Friday, October 24, from 8 a.m.-6 p.m., meet at the L.A. Convention Center to board buses for a tour of two advertising companies. Following the tour all students are expected to attend a reception with the all the participating companies. Some of the participating companies include TBWA/Chiat/Day, Saatchi & Saatchi, Deutsch, McCann, DDB, JWT, Rubin Postaer and more.
- \* Six Career Seminars will be held on Saturday, October 25 from 8:30 a.m. - 1:00 p.m. at Dailey & Associates in West Hollywood. Space is limited for these workshops which will cover topics including Account Management, Creative, Media, Account Planning, Traffic/Print Productions/Art Buying and Human Resources.  
Cost for both days is \$45, one day is \$25.

For more information stop by the Career Center.



If you'd like to learn more about careers in higher education and student affairs then the "Exploring Careers in Student Affairs" Workshop is for you.

Friday, October 17, 2003 at California State University Long Beach from 8:30 a.m.-12 noon. Pay \$10 at the door, no advance reservation is necessary. Learn about various graduate programs in Student Affairs, hear from current students and meet faculty from various institutions. For more information call Valerie Christian at 562-985-4538.

## The Health Corner

by Arleen Fernandez, RN, PHN, MSN

Hepatitis A is a serious disease that affects the liver and can cause long-term damage and even death. As many as 1 in 5 people who get Hepatitis A have to be hospitalized. Every year an average of 100 people die because of Hepatitis A and its complications.

You get the Hepatitis A virus from eating foods or drinking water contaminated with the virus. You can also contract it from swimming in contaminated water, coming in contact with human waste infected with Hepatitis A, (e.g. changing the diaper of a Hepatitis A infected child), or eating infected raw or uncooked shellfish. Because you live in California where there is a higher incidence of outbreaks you are at greater risk of contracting Hepatitis A.

If you have not yet been immunized against Hepatitis A, we strongly encourage you to complete this vaccination series. If you are still under 19 years of age you qualify for free vaccines under the Vaccines for Children program. If you have any questions or would like to schedule an appointment, call (310) 954-4110. If you are 19 or older, the cost of each shot in the two shot series is \$45.00.

## Academic Advisement

Humanities 401, Ext. 4070

### ¿Habla español?

Fulfill the Foreign Language GE Requirement!

Place into a higher level Spanish course! Sign up for the **Spanish Placement Test** in the **Academic Advisement Center (H401)**. The test will be held on Thursday, **October 9, 2003, from 1:00-2:00 p.m.**

*Want to see the world?*



Consider a semester abroad...or in Washington, DC...or at one of our CSJ sister schools! For more information attend the Study Away Information Session on **Tuesday, October 7, from 1:00 to 2:00 p.m., in H405B**. If you have any questions, please contact the Academic Advisement Center at 310-954-4070, or [advisement@msmc.la.edu](mailto:advisement@msmc.la.edu).



## HOW ARE YOU FEELING?



- FEELING BLUE OR NERVOUS LATELY?
- FEELING LOW IN ENERGY?
- HAVING A HARD TIME SLEEPING?
- CONCERNED ABOUT A FRIEND?

## TEST YOUR MOODS HOW??

COME TO THE CIRCLE ON TUESDAY,  
OCTOBER 14TH FROM 11:30 A.M. - 2:00 P.M.:

- GET A FREE ANONYMOUS DEPRESSION AND MOOD SCREENING FORM
- INFORMATION PAMPHLETS AND VIDEO
- OPTIONAL 10-MINUTE CONFIDENTIAL INTERVIEW

SPONSORED BY: COUNSELING AND  
PSYCHOLOGICAL SERVICES  
CONTACT EXTENSION 4114 FOR MORE  
INFORMATION.

### What is a Leadership Transcript?

The Leadership Transcript gives you the opportunity to document your co-curricular involvements in a manner that highlights any skills acquired throughout your stay at MSMC; skills such as communication, human relations, and leadership.

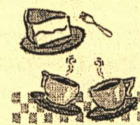
#### ATTEND A LEADERSHIP TRANSCRIPT INFORMATION SESSION

When: Tuesday, October 7 @ 5:00 p.m.

Where: Presidents' Conference Room @ the Chalon Campus

Questions? Call Women's Leadership - extension 4350

### COMMUTER CAFE



#### Tuesday, October 7

Commuter Café 8:00 a.m. - 10:00 a.m.  
Student Activities and Commuter Services office  
(1st Floor Humanities)

#### Wednesday, October 8

Commuter Café 8:00 a.m. - 10:00 a.m.  
Commuter Lounge (1st Floor Humanities)

### Attention Carpoolers!

The time has come to enjoy the benefits of carpooling (in addition to having company while you drive to campus, reserved carpool parking, and \$\$\$ saved on gas).

Carpool Token Redemption Week takes place

**Monday, October 6 - Thursday, October 9**  
in the Student Activities and Commuter Services Office  
(1st Floor Humanities).

\*Come in with your collected tokens to redeem your hard-earned and well-deserved incentives!

\*Carpooled twice a week? You have earned a free deli combo!

\*Carpooled three or more times a week? You have earned a free deli combo AND \$5.00.

#### Not registered yet?

Come to Student Activities and Commuter Services in H110!

### Thinking about going to Law School?

The LSAT study group with Tim Schoettle meets twice a week at the Chalon Learning Center, H207.

**Mondays 2:00 to 3:00 p.m.**

**Tuesdays 4:00 to 5:00 p.m.**

One-on-one LSAT tutoring is also available.  
It's never too early to start practicing for the LSAT!

Everyone is invited to attend a reception honoring Dr. Khassan Baieu. Come and listen to Dr. Baieu talk about people in war-torn Chechnya.

When: Tuesday, October 7th

Time: 7:00 p.m.

Where: Art Gallery

Most people "... knew nothing about our traditions, our struggle to be free, or our spirit, born high in the mounts of the Caucasus."

—Dr. Khassah Baieu



# Chalon Student News

Volume 10, Number 8

October 10, 2003

## Calendar of Events

### Mass

Sunday, Oct. 12 7:00 p.m. Mary Chapel

### Holy Spirit Mass

Monday, Oct. 13 11:30 a.m. Mary Chapel

### Theta Sigma Alpha, Latinas Unidas, Kappa Delta Chi "Pizza Sale"

Tuesday, Oct. 14 11:00 a.m. - 3:00 p.m. WC Patio

### Noon Prayer Service

Wednesday, Oct. 15 12:00 noon Mary Chapel

### Sociology Club "Carne Asada Fundraiser"

Tuesday, Oct. 7 11:30 a.m. - 3:30 p.m. WC Patio

### UPTA "Food Sale"

Wednesday, Oct. 15 12:30 - 3:30 p.m. WC Patio

### Latinas Unidas "LA TV Live Taping"

Wednesday, Oct. 15 7:00 p.m. The Circle

### Latinas Unidas "Dessert Sale"

Thursday, Oct. 16 11:00 - 3:00 p.m. WC Patio

### MID-SEMESTER BREAK

No School on Friday, October 17

## Academic Advisement

Ext. 4070

### •The advisement period for Spring 2004 is just around the corner!

The Academic Advisement Center will notify you of your faculty advisor assignment via Mount email, by Monday, October 13, 2003. Make sure your Mount email account is working.

### •Attention freshmen:

**Please check your email** to make sure we are not missing your final high school transcript. If we do not have your final high school transcript with your high school graduation date, by Friday, October 30th, you may not be allowed to register for Spring 2004.

### •Attention NEW transfer students:

Did you miss the session on Transfer Credit Evaluations? Have you received a copy of your Transfer Evaluation showing all the coursework that transferred to the Mount? If you missed the session, please stop by the Academic Advisement Center to pick up a copy of your Transfer Evaluation.

If you have any questions, please contact the Academic Advisement Center (H401) at 310-954-4070, or [advisement@msmc.la.edu](mailto:advisement@msmc.la.edu).

## Registrar's Office Ext. 4020

Registration Packets will be available to students on **Tuesday, October 14th**. Please stop by the Registrar's Office to pick up your registration time and packet!!

Please note that the Spring 2004 schedule of classes will now be available online as of Tuesday, October 14th. You will now be able to view up-to-date information directly from the system anytime you wish! To view the schedule of classes please go to the MSMC website ([www.msmc.la.edu](http://www.msmc.la.edu)) and click on the WebAdvisor link.



The Registrar's Office will **not** be printing out schedules.

## KNOTT'S SCARY FARM HALLOWEEN HAUNT

Tickets are still available and on sale at the ASB Ticket Office (1st floor Humanities, Student Activities and Commuter Services) for the following dates:

**Friday, October 17 - \$29.00**  
**Saturday, October 18 - \$33.00**  
**Thursday, October 23 - \$29.00**  
**Friday, October 24 - \$33.00**  
**Friday, October 31 - \$33.00**  
**Saturday, November 1 - \$29.00**



Please come by SACS to purchase your tickets anytime during our hours of operation: Monday - Thursday 8:00 a.m. - 4:30 p.m. and Friday 8:00 a.m. - 12:00 noon.

**CASH ONLY!**



### **Holy Spirit Mass**

*Mass of the Holy Spirit – Wear your best RED!* Every year, the whole college gathers to celebrate the Mass of the Holy Spirit. This year, it is on **Monday, October 13, at 11:30 am in Mary Chapel.** That is the anniversary of the founding of Mount St. Mary's College, and so it's a special time for gratitude and festivity. *Everyone is invited to wear something red* on that day. Red is the color of the Holy Spirit, and so it's a special way of calling upon the Holy Spirit to fill our college and our year with wisdom, creativity and peace.

Students, Faculty, Staff, and Trustees of all faiths or none at all are very welcome to participate in this celebration **followed by lunch.**

### **SPECIAL ANNOUNCEMENT!!!**

Due to the Holy Spirit Mass, classes will be cancelled between 11:20 a.m. to 1:30 p.m. on **MONDAY, October 13th.** We hope to see you at the Holy Spirit Mass at 11:30 a.m.

### **Campus Ministry**

Week of October 13th

#### ***Sunday Mass: Don't Miss It!***

Start your week remembering all that we have to pray for at Sunday Mass on October 12, 2003 @ 7:00 pm in Mary Chapel. Come at 5:30 pm if you want to sing in the choir. And stay after Mass for some milk & cookies and conversation! *Everyone is welcome – Catholic or non-Catholic, friends and family.*

*Feeding the Homeless* takes place every Sunday night, and everyone is welcome to get involved. It includes Meal Preparation at 5:30-6:30 p.m. in the Campus Center. The food and those who will distribute it are then blessed at our 7:00 p.m. Sunday Mass. Distribution of the food begins after Mass. At 8:15 p.m., people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. (This program runs strictly on a volunteer basis and we would love your assistance.) Interested? Call Nercy in Campus Ministry @ 4125 – or just show up on Sunday!

*Are You BUSY? Need some reflection time? The Busy Persons Retreat is made for YOU!!!!*

*When: October 26-30, 2003*

Join Campus Ministry and the Sisters of St. Joseph for four fun days of prayer and Reflection while attending classes and working at your jobs. This is your opportunity to reflect and pray with a retreat companion – on a schedule that's right for you. Come with an open heart and mind.

#### ***Confirmation Time***

Do you want to be confirmed this year? Interested in First Communion? Baptism? Becoming Catholic? Call Campus Ministry @ 4125 and ask for Shelley.

#### ***Reflection Time***

Looking for a way to spend a little time in reflecting on how your life is going, and praying with a few other students? You might find just the perfect place in the CLC (Christian Life Community), a fellowship-based small prayer group that meets for an hour once a week. Everyone is welcome, and conversation is kept confidential. If you are interested, give Laura Gomez a call at x4124.

*Halloween is here already and so is Reverse Trick-or-Treating with the Sisters at the Carondelet Center!!!*

Have fun trick-or-treating with the Retired Sisters of Carondelet, Wednesday, October 15<sup>th</sup>. Sign up in the Campus Ministry Office if you wish to participate. We will meet at the Flagpole in the circle at 6:15 p.m. If you have any question please call ext. 4125. *Don't forget to bring a costume!*

#### ***Adopt-a-Sister Project.***

Do you like to work with arts and crafts? Do you enjoy friendly and meaningful conversations? If so, join us as we visit the retired sisters of Carondelet for fun arts and crafts activities every month.

Interested? Call Campus Ministry at ext. 4125



## HOW ARE YOU FEELING?



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## TEST YOUR MOODS

### HOW??

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SPONSORED BY: COUNSELING AND  
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CONTACT EXTENSION 4114 FOR MORE  
INFORMATION.

## Thinking about going to Law School?

The LSAT study group with Tim Schoettle  
meets once a week at the Chalon Learning  
Center in H207  
on Tuesdays, from 4:00 to 5:00 p.m.



One-on-one LSAT tutoring is also  
available.

It's never too early to start  
practicing for the LSAT!

## Commuter Café

MSMC

Commuters—come to the Commuter Café  
to have free coffee & cookies with friends!

When: Tuesday & Thursday,  
October 14 & 16

Where: Commuter Lounge  
Time: 8:00 - 10:00 a.m.

## Announcements from the Academic Policy Committee

At the September 19, 2003 meeting the Academic  
Policy Committee agreed to make the following policy  
effective as of Spring 2004:

\*The Mount St. Mary's College Registrar's Office will  
only accept transcripts that have been mailed directly to  
MSMC from another institution.

\*Transcripts that are hand-delivered or mailed by the  
students will **not** be accepted as "official"  
and can only be used for purposes of "unofficial  
evaluation" by the Admissions Office for all programs  
and by the Academic Advisement Centers.

\*Anyone who opens a transcript that has been mailed to  
MSMC from another institution must write the word,  
"official", the date opened, and their signature on the  
transcript. It is also a good procedure to attach the  
envelope in which the transcript was received.

## CANDY NEEDED

Candy Donations are needed for the **HAUNTED  
HALLOWEEN** event at Doheny. Please drop off  
individually-packaged candy at these locations:

- Student Activities and  
Commuter Services
- Student Affairs
- The Learning Center / ISAE
- The Career Center
- The Switchboard



Collection boxes will be out now through  
Monday, October 20th.

**The Haunted Halloween goal is  
2,000 pounds of candy!**

Thank you for your help in achieving this goal and  
making Haunted Halloween a success!



## **Fitness Center**

### **Ext. 4345**



### **HAUNTED TREK**

It is not too late to sign up for this haunting fitness incentive program that will end on October 31st. Don't be scared by the ghost, spiders, witches or staff. Come on by and have some ghoulish fun! Prizes for all!

### **Like to Dance?**

Want to learn how to dance like the girls on MTV? Then join us for another great hour of hip-hop dancing, exercise, and fun with Heidi. Monday, October 13th, 7:00 - 8:00 p.m. Open and free class for all.

## **Student Ambassador Program**

### **Ext. 4080**

### **Attention All Ambassadors!**

Our **October Training Sessions** will take place on the following dates:

**Doheny:** Tuesday, October 14th, 1:00 - 2:00 p.m.  
Building 1 - Athenian Room

**Chalon:** Thursday, October 16th, 1:00 - 2:00 p.m.  
Hannon Parlor

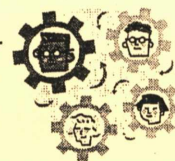
It is **MANDATORY** that you attend one of these sessions. If you have any questions, please contact **Melissa Romero** at [mromero@msmc.la.edu](mailto:mromero@msmc.la.edu) or (310)954-4080 / (213) 477-2572.

Please join me in congratulating **Donna Alejandre & Lucy Mendoza** for a fabulous job on spearheading the **Mar Vista Gardens College Fair!** Donna and Lucy provided the residents of Mar Vista Gardens Housing Development with invaluable information on college and financial aid. Thank you for all your hard work!

## **LEARNING ASSISTANCE PROGRAMS / ISAE, H207**

### **Advisement Period is just around the corner!!!**

Let ISAE help you be proactive with your academic planning and goals. Be sure you have met with your ISAE counselor before advisement to create or review your education plan. Remember, three heads are better than one! Schedule an appointment in the Learning Center (H207).



### **WAITLIST for ISAE Events**

In our experience, people cancel at the last minute, so your chances are good for attending these events! Sign up for the waitlist today for the following events:

~California's Governor's Conference for Women, Wednesday, October 22<sup>nd</sup>, 7 a.m.-7 p.m., \$20 refundable deposit

~Phantom of the Opera, Sunday, October 26<sup>th</sup>, 5:30 p.m.-11 p.m., \$10 refundable deposit.

### **DRESS UP WITH ISAE**

Hey, ISAE Students—we will be holding a **COSTUME CONTEST** on Friday, October 31<sup>st</sup> for ISAE students. Drop by the ISAE Office (H207) on Halloween in costume and you will be entered! Prizes will be awarded for best costume, most original costume, and most elaborate costume.

### **CONQUERING THAT EXAM!**

Overcome your testing fears! Test success is as much about the way you take the exam as it is about the material covered. Learn strategies for taking different types of exams and tips for preparing yourself before and during the experience. Attend our workshop from 1:00 to 2:00 p.m. on Thursday, October 16th in H205.

### **QUIET TESTING ROOM AVAILABLE**

The Learning Center has the 2<sup>nd</sup> floor Humanities Conference Room reserved for quiet testing during the following time periods:

Monday & Wednesday 8:00 a.m.-2:55 p.m.

Tuesday & Thursday 9:30 a.m.-2:05 p.m.

Friday 8:00 a.m.-4:30 p.m.

For further assistance regarding proctoring exams, please stop by the Learning Center in H207 or call the office at 310-954-4144.

**Submit your activities, events or announcements to the Chalon Student News and keep the campus informed!**  
[cnews@msmc.la.edu](mailto:cnews@msmc.la.edu)

**Have A Fun and Safe  
Mid-Semester Break!!!**



# Chalon Student News

Volume 10, Number 9

October 17, 2003

## Calendar of Events

### Sunday, October 19

Mass 7:00 p.m. Mary Chapel

### Monday, October 20

#### *Na Pua O Ka Aina*

Bake Sale 10:30 a.m.-3:30 p.m. WC Patio

Monday Concert 11:00 a.m.-1:00 p.m. Little Theater

Senior Gift Table 11:00 a.m.-1:00 p.m. LT Foyer

### Tuesday, October 21

Senior Gift Table 11:00 a.m.-1:00 p.m. LT Foyer

### Wednesday, October 22

Senior Gift Table 11:00 a.m.-1:00 p.m. LT Foyer

Noon Prayer Service 12:00 noon Mary Chapel

Yearbook Pictures 10:00 a.m.-7:00 p.m. Campus Center

### Thursday, October 23

Yearbook Pictures 10:00 a.m.-7:00 p.m. Campus Center

Town Hall Meeting 1:00-2:00 p.m. Lecture Hall

Philosophy Club Film Night 6:00-8:00 p.m. DH301

### Friday, October 24

#### *Latinas Unidas - Nuestra Cultura*

6:30 p.m.-12:00 midnight Campus Center/Circle

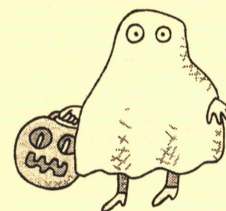


## Town Hall Meeting at Chalon

Do you have questions or comments for Residence Life, Facilities Management, or OIT? If so, come to the Town Hall Meeting on Thursday, October 23rd, from 1:00 to 2:00 p.m. in the Lecture Hall. Representatives from these departments will be present.

## CANDY NEEDED

Halloween is just around the corner! As many of you know, each year Mount St. Mary's College hosts a "Neighborhood Trick or Treat" at the Doheny campus. This event provides a safe place for children in the neighborhood to Trick or Treat and is always well attended. Last year, over 3,000 children came to our campus! This year's event will take place on Friday, October 31, from 6:00 - 8:00 p.m.



We greatly need your help with donations of candy or money to purchase candy. Our goal this year is to have 2,000 pounds of candy to give away!

Candy donations can be dropped off at these locations:

- Student Activities and Commuter Services
- Student Affairs
- The Learning Center / ISAE
- The Career Center
- The Switchboard

Collection boxes will be out now through Monday, October 20th.

If you need any additional information, please contact Maria Lyons at extension 2670. Thank you in advance for your continued support!!

Maria Lyons, Director of Student Activities/  
Community Liaison  
Doheny Campus



**HAUNTED TREK** - It's not too late to sign up for this haunting fitness incentive program that will end on October 31st. Don't be scared by the ghost, spiders, witches or staff. Come on by and have some ghoulish fun! Prizes for all!  
For more information, contact the **Fitness Center (Ext. 4345)**.





## **LEARNING ASSISTANCE PROGRAMS / ISAE H207**

### **Advisement Period is here!!!**

Let your ISAE counselor help you be proactive with your academic planning and goals. Be sure you have met with your counselor before advisement to create or review your education plan. Remember, three heads are better than one! Schedule appointments in the ISAE Office (H207).

### **BOO! WHO ARE YOU??**

ISAE students – BEGIN PLANNING YOUR COSTUME NOW! The ISAE COSTUME CONTEST will be on Friday, October 31<sup>st</sup>. Come by the ISAE Office (H207) on



Halloween in costume and you will be entered to win fabulous prizes! Prizes will be awarded for best costume, most original costume, and most elaborate costume.

### **QUIET TESTING ROOM AVAILABLE**

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Tuesday & Thursday 9:30 a.m.-2:05 p.m.

Friday 8:00 a.m.-4:30 p.m.

For further assistance regarding proctoring exams, please visit the Learning Center in H207 or call the office (310) 954-4144.

### **Commuter Café**

*Sometimes you just need that hot cup of coffee to get your day going. Please, join us at Commuter Café and enjoy FREE coffee and cookies while socializing with friends!*

*Tuesday, October 21*

*8:00 a.m. - 10:00 a.m.*

*Student Activities and Commuter Services Office  
(1st Floor Humanities)*

*Wednesday, October 22*

*8:00 a.m. - 10:00 a.m.*

*Commuter Lounge  
(1st Floor Humanities, next to Campus Center)*

*Questions? Please contact SACS at  
ext. 4120.*



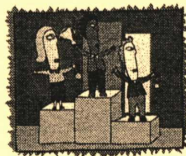
## **LSAT Study Group**

The LSAT study group with Tim Schoettle meets at the Chalon Learning Center in H207 on Tuesdays, from 4:00 to 5:00 p.m.

One-on-one LSAT tutoring is also available.

It's never too early to start practicing for the LSAT!

## **Glamour's 2004 Top 10 College Women Competition**



Applications are now available at the Student Activities and Commuter Services Office (H110, ext. 4120).

**Eligibility:** Any woman who is currently a full-time JUNIOR at an accredited college or university for the 2003-2004 academic year.

**What it takes:** Leadership experience, involvement on campus and in your community, excellence in your field of study, and unique, inspiring goals.

**What you win:** A \$1,500 cash prize, a trip to New York City, opportunities to meet with top female professionals, and national recognition in Glamour's October 2004 issue.

All application materials must be received by February 10, 2004.

### **Here's a riddle for you to ponder.**

● ○ ○ ●  
"I have holes on the top and bottom.  
I have holes on my left and on my right.  
And I have holes in the middle, yet I still  
○ ● ○ ○ ○  
hold water.  
What am I?"

**Look for the answer in next  
week's Chalon Student News.**



## FLU SEASON IS COMING...

Health Services now has flu vaccines available for students, faculty and staff.



An annual flu shot is **recommended** for:

- Anyone 50 years of age or older
- People who have long-term health problems or weakened immune systems
- Health care providers
- Pregnant women who will be beyond their first trimester during flu season

An annual flu shot is also encouraged for **students who live in dormitories** and for anyone who wants to reduce their chance of catching influenza (based on information from the Centers for Disease Control and Prevention).

For an appointment, call Chalon Health Services at X4110 or Doheny Health Services at X2685. The cost this year for the vaccine is \$10.

## Blood Drive

Every time you donate blood, you have the potential to touch as many as three lives! Be someone's hero and donate precious life-saving blood at the American Red Cross Blood Drive coming to the Chalon Campus!

Currently the Red Cross blood supply is at a dangerously low level... but you can help!

- ◆ When: Wednesday, Oct. 29th
- ◆ Time: 10:00 a.m. - 4:00 p.m.
- ◆ Where: Campus Center
- ◆ How: Sign up for an appointment in the Student Activities and Commuter Services Office (ext. 4117) or call Marielos Zeka (ext. 4468) as soon as possible!

There will be plenty of snacks and goodies! Hope to see you there!

Sponsored by: Associated Student Body (ASB)

## The Health Corner

Do you know what is in that medicine you bought at the drugstore? Medications that can be bought without a prescription are called "Over the Counter" or OTC medications. You have probably used OTCs many times to relieve pain from headache and cramps, and for treating cold symptoms and allergies.

Many OTC medicines contain the same ingredients found in prescription medications. OTCs are often combination medications, and if you take them with other OTCs or prescribed medication you may be getting more than the recommended daily dose. In the next two newsletters we will look at some of the most common OTCs and how and when they can be used safely. Many of the medications we will mention are available in the student health center. Read the articles, and you will know just what you need for what symptoms! For more information go to [www.familydoctor.org](http://www.familydoctor.org) and search for OTCs.

### Pain Relievers:



The OTC products that treat your headache, fever, muscle aches, or cramps are not all the same. They are either in the class of nonsteroidal antiinflammatory drugs (NSAIDs), or they are acetaminophen. Each of these has a different way of working.

**Aspirin and NSAIDs** decrease fever, and relieve pain by blocking the production of prostaglandins, which are natural chemicals in the body. Prostaglandins irritate nerve endings and trigger the sensation of pain.

Common NSAIDs include:

- Aspirin, the medicine in products such as Bayer and St. Joseph
- Ibuprofen, the medicine in products such as Advil and Motrin IB
- Naproxen, the medicine in products such as Aleve
- Ketoprofen, the medicine in products such as Orudis KT

**Side effects:** The main side effects of aspirin and NSAIDs are gastrointestinal problems. These can range from upset stomach to GI bleeding (occurs more often in older people). The risk increases the larger the dose you take and the longer you take them. You can minimize side effects by taking these medications with food. Alcohol also increases the risk of GI bleeding and liver disease when taking NSAIDs.

**Acetaminophen** relieves pain and reduces fever. We don't completely understand the way acetaminophen relieves pain. We do know that unlike aspirin and NSAIDs, which work in the skin, muscles, and joints, acetaminophen blocks painful sensation in the brain and the spinal cord.

- Acetaminophen is in products such as Tylenol and Tempra.

Although safe in the majority of users, accidental overdosing can lead to serious liver injury. To minimize the risk of serious liver injury you should never take more than the recommended daily dose (4000 mg or 8 extra strength tablets) and be careful to recognize acetaminophen in combination medications. Many OTCs for treating allergy, cold and flu symptoms contain a combination of medications and often include acetaminophen.

Next week we will look at medications used to treat colds and flu.

Stay healthy,  
Carol Parente, FNP-C





## NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK October 19-25, 2003

The purpose of National Collegiate Alcohol Awareness Week (NCAAW) is to "promote personal responsibility and respect for the law" in situations where alcohol is involved. This week also serves to show people that stereotypes about college students and alcohol are not true for the majority of students. Instead of highlighting the negative behaviors that result from the irresponsible use of alcohol, the NCAAW campaign focuses on problems that the majority of students have not experienced because these students make responsible choices regarding the consumption of alcohol.

- 92% of college students have **NOT** damaged property as a result of drinking alcohol
- 78% have **NOT** performed poorly on a test because of drinking alcohol
- 68% have **NOT** driven a car under the influence of alcohol
- 69% have **NOT** gotten into a fight or argument because of drinking alcohol

• • • • •

The following events will be taking place for National Collegiate Alcohol Awareness Week.

### **Binge Drinking and Alcohol Poisoning**

Info. Available in the Little Theater Foyer  
Monday, October 20  
10:00 a.m. - 2:00 p.m.

### **Tell it Like it is: Date Rape Prevention**

Little Theater  
Tuesday, October 21, 2003  
1:00 - 2:00 p.m.

### **Campus Alcohol Policy Seminar**

Brady 1st Floor Lounge  
Wednesday, October 22  
8:00 - 8:30 p.m.

### **California Highway Patrol Presentation: Sobriety Tests**

Weekend College Patio  
Thursday, October 23  
10:00 a.m. - 2:00 p.m.

### **Alcohol and Academics Presentation**

Brady 1st Floor Lounge  
Thursday, October 23  
7:00 - 9:00 p.m.

Sponsored by: Kappa Delta Chi and ASB

The Career Center  
H401, Extension 4070

### Graduate School Announcements

Is Graduate or Professional School in Your Future?

Do you need information about applications, financial aid, personal statements and more? Then attend the Graduate/Professional School Workshop on Thursday, October 30 from 1-2 p.m. in H404.

Also, plan on attending the Loyola Marymount University Graduate Career Fair on Monday, November 3 from 5-7 p.m. Limited transportation is available via a college shuttle. Sign-up and a \$10 refundable deposit is required.

### Career Development

Interested in working for a non-profit organization?

Attend the Idealist.org Nonprofit Career Fair at the UCLA School of Public Policy and Social Research on **November 14, 2003 from 11 a.m. -**

**4 p.m.** Meet representatives from a variety of non-profit organizations. Attend workshops on: How to Network, Young Professionals in the Nonprofit Sector, Careers in Fundraising and When to Start Your Own Organization. Free admission. Parking is \$7. For more information and to register, visit <http://www.idealist.org/fairs.html>.

### **Women for Community Medicine**

The Mount Community is invited to join WCM for a discussion with Dr. Raquel Arias on Thursday, October 23, from 6:00 - 7:00 p.m. in H403.

Dr. Arias is an Associate Professor of Obstetrics and Gynecology and Clinical Associate Professor of Gerontology. Dr. Arias is highly involved in women's health issues. She serves as the Associate Dean for Women and Chairman of the Admissions Committee at the Keck School of Medicine; the Director of the Breast Diagnostic Center at the Los Angeles County + University of Southern California Medical Center, Women's and Children's Hospital; an advisor to the Los Angeles County Board of Supervisors through her involvement on the Women's Health Policy Council; and a consultant on policy matters that relate to women's reproductive health as well as healthy aging.

Questions? Contact Yuri Trejo, Publicity Coordinator for WCM: [yuritrej@msmc.la.edu](mailto:yuritrej@msmc.la.edu)

Submit your activities, events or announcements to the Chalon Student News and keep the campus informed!

[cnews@msmc.la.edu](mailto:cnews@msmc.la.edu)



# Chalon Student News

Archives  
MSMC

Volume 10, Number 10

October 24, 2003

## Calendar of Events

### **Alpha Tau Delta - Scrubs Sale**

Friday, Oct. 24 8:00 a.m.-12:00 noon WC Patio

### **Latinas Unidas - Nuestra Cultura**

Friday, Oct. 24 6:30 p.m.-midnight Campus Ctr/Circle

### **Mass**

Sunday, Oct. 26 7:00 p.m. Mary Chapel

### **Accounting Association - Food Sale**

Sunday, Oct. 26 12:00 noon-2:00 p.m. Campus Center

### **Alpha Tau Delta - Scrubs Sale**

Monday, Oct. 27 - Friday, Oct. 31  
8:00 a.m.-12:00 noon WC Patio

### **Women for Community Medicine - Bake Sale**

Monday, Oct. 27 10:00 a.m.-2:00 p.m. WC Patio

### **Rosary**

Monday, Oct. 27 12:00 noon Mary Chapel

### **Kappa Delta Chi - Candy Apple Sale**

Tuesday, Oct. 28 10:00 a.m.-2:00 p.m. WC Patio

### **Pi Theta Mu - Halloween Fundraiser**

Wednesday, Oct. 29 9:00 a.m.-3:00 p.m. LT Foyer

### **ASB Blood Drive**

Wednesday, Oct. 29 10:00 a.m.-4:00 p.m. Campus Center

### **AACW - Jamba Juice Sale**

Wednesday, Oct. 29 11:00 a.m.-2:00 p.m. WC Patio

### **Noon Prayer Service**

Wednesday, Oct. 29 12:00 noon Mary Chapel

### **Raising Breast Cancer Awareness**

Wednesday, Oct. 29 6:00-9:00 p.m. Little Theater

### **RHA - All Hallow's Games**

Wednesday, Oct. 29 8:00-11:30 p.m. Campus Center

### **Pi Theta Mu - Halloween Fundraiser**

Thursday, Oct. 30 9:00 a.m.-3:00 p.m. LT Foyer

### **ASB - Women of Juarez**

Thursday, Oct. 30 7:00 p.m. Little Theater

### **ASB - Haunted Halloween**

Friday, Oct. 31 6:00-8:00 p.m. Doheny

## Academic Advisement

Ext. 4070

### **Advisement for Spring 2004 is underway!**

All students were emailed their faculty advisor assignment to their Mount email account. Sign-up with your faculty advisor for an appointment to discuss your Spring 2004 courses and academic progress at the Mount.

Registration is the week of **November 3rd - 7th**, and you are required to meet with your faculty advisor prior to registering for Spring 2004 courses.

### **Attention Freshmen!**

If you have not yet submitted your final high school transcript indicating your high school graduation date, you must do so by **Friday, October 31st**. If your transcript showing your graduation date is not received by October 31st, you will not be allowed to register for Spring 2004 courses. Students whose transcripts are still outstanding were notified through their Mount email account. Check your email!

If you have any questions, please stop by the Academic Advisement Center (H401), or contact us at 310-954-4070 or [Advisement@msmc.la.edu](mailto:Advisement@msmc.la.edu). If you are having problems accessing your Mount email account, please contact OIT at 213-477-2970.

## The Washington Semester Program

Are you interested in American Government, Public Policy, Civil Liberties, Journalism, or the battle for the White House in the 2004 election?

**Spend a semester at American University with  
the Washington Semester Program!**

**There are still openings for the Spring 2004  
semester!**

This program will allow you to...

- ⇒ Earn a **full semester of academic credit**.
- ⇒ Get **great job experience** by doing an **internship** at one of hundreds of locations to choose from!
- ⇒ **Meet people from all over the world!**

If you have a 3.0 GPA, are at least a Junior, and are interested in applying for next semester contact the Academic Advisement Center (ext. 4070) ASAP! The deadline is **November 1st**, so act now!





## THE WOMEN OF JUAREZ

ASB is proud to bring...

Grupo de Teatro Sinergia on Thursday, October 30, at 7:00 p.m. in the Little Theater (Doors open at 6:30 p.m.). Grupo de Teatro Sinergia presents *The Women of Juarez*, a new gripping drama written and directed by Ruben Amavizca, the creator of *Frida Kahlo* and *Malinche*. Eve Muller and Liane Schirmer translated the English version.

*The Women of Juarez* is the story of a mother searching for her missing daughter. The case of the women of Juarez begins in 1993. Since then, over 500 women have been reported missing and the bodies of 318 murdered have been found. The majority of the victims are dark-skinned, young factory workers. The young women are kidnapped and raped, tortured, mutilated and murdered.

*This production is being brought to the Mount with the generous support of: Art Club, ASB Student Activities Council, ASB Senators, Campus Ministry, Counseling and Psychological Services, Kappa Delta Chi, Latinas Unidas, Na Pua O Ka Aina, RA, RHA, Residence Life, Sociology Club, and Women's Leadership.*

### Attention Commuters!

Please, join us at our weekly  
**Commuter Cafe**  
and enjoy FREE coffee  
and cookies while  
socializing with friends!

**Tuesday, October 28**

8:00 - 10:00 a.m.

Student Activities and  
Commuter Services office  
(1st Floor Humanities)



**Wednesday, October 29**

8:00 - 10:00 a.m.

Commuter Lounge  
(1st Floor Humanities,  
next to Campus Center)

### ASB Class Meetings

#### Sophomore Class General Meeting

Monday, October 27

7:30 - 8:30 p.m.

Brady 1st Lounge

Sponsored by: ASB

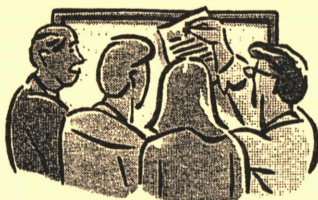
#### Freshman Class General Meeting

Wednesday, October 29

7:30 - 8:00 p.m.

Brady 1st Lounge

Sponsored by: ASB



## The Career Center

H401, Extension 4070

### Graduate School Announcements

Is Graduate or Professional School in Your Future? Do you need information about applications, financial aid, personal statements and more? Then attend the Graduate/Professional School Workshop on **Thursday, October 30 from 1-2 p.m. in H404.**

Also, plan on attending the Loyola Marymount University Graduate Career Fair on Monday, November 3 from 5-7 p.m. Limited transportation is available via college shuttle. Sign-up and a \$10 refundable deposit is required.

### Career Development

Interested in working for a non-profit organization? Attend the Idealist.org Nonprofit Career Fair at the UCLA School of Public Policy and Social Research on **November 14, 2003 from 11 a.m. - 4 p.m.** Meet representatives from a variety of non-profit organizations. Attend workshops on: How to Network, Young Professionals in the Nonprofit Sector, Careers in Fundraising and When to Start Your Own Organization. Free admission. Parking is \$7. For more information and to register, visit <http://www.idealists.org/fairs.html>.

## Glamour's 2004 Top 10 College Women Competition



Applications are now available at  
the Student Activities and  
Commuter Services Office  
(H110, ext. 4120).

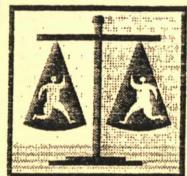
**Eligibility:** Any woman who is currently a full-time JUNIOR at an accredited college or university for the 2003-2004 academic year.

**What it takes:** Leadership experience, involvement on campus and in your community, excellence in your field of study, and unique, inspiring goals.

**What you win:** A \$1,500 cash prize, a trip to New York City, opportunities to meet with top female professionals, and national recognition in Glamour's October 2004 issue.

All application materials must be received by February 10, 2004.





## Finding Balance in Mind and Body

Come to the Chalon Health Services and Counseling and Psychological Services Open House in our newly remodeled Centers.

**Monday, October 27, 10:00 – 12 noon  
1<sup>st</sup> Floor Humanities**

We'll have Nutritious Snacks, Health and De-stress tips, Free Stress Ball and Prize Drawings. Take this opportunity to meet our staff and learn about our services.

### Fitness Center

Ext. 4345

#### Smartbodies

There is one month left before Smartbodies ends this semester. Do you have your Fitness Plan ready for winter break? New Years' Resolutions? In this hot weather have you been taking advantage of free personal one-on-one swimming lessons? Come on up to the Fitness Center and take advantage of our programs.

#### Hip Hop

Heidi will be back on campus on Monday, October 27th November 3rd and November 17th from 7:00-8:00 p.m. . Don't miss out on this excellent, fun workout. Open and free to all. Heidi will be teaching a Hip Hop class in the Spring Semester on Tuesdays from 7:30-9:00 p.m.

#### Inside Sports

Have you ever wondered why so many people are fanatic about their sport teams? Why does everybody golf? What is a Racing Green? Is Sport a Business or is Business a Sport? If you are interested in learning more and having lots of fun taking some gambling risks and outings, then why not register for Inside Sports for the Spring Semester. For more information contact: Maureen Bond, Director of Fitness Education at extension x4347



*October is National Breast Cancer Awareness Month*

EARLY DETECTION CAN SAVE YOUR LIFE!

The Doheny Student Health Office is proud to present the 2<sup>nd</sup> Women's Health presentation on:

Breast Cancer Facts

Topics to be covered:

- o Learn to Perform Monthly Breast Self-Examinations (BSE)
- o Reducing the risk of breast cancer
- o Risk Factors for Developing Breast Cancer
- o Signs and Symptoms of Breast Cancer
- o When to See a Health Care Provider

When: Tuesday, October 28, 2003

Where: Building #5, Classroom C-207  
(next to Student Health Services)

Time: 1:00 - 2:00 p.m.

Win a prize via a raffle drawing!

For more information, please call ext. 2685.



Archives  
MSMC

## Blood Drive



**Wednesday, October 29  
10:00 am - 4:00 pm  
Campus Center**

Please sign up in advance for an appointment time slot anytime from 10 a.m. - 4 p.m. by contacting Student Activities and Commuter Services (x4120 or x4117) or Marielos Zeka (x4468). You can also email your appointment preference to [activitiesc@msmc.la.edu](mailto:activitiesc@msmc.la.edu).

Sponsored by: ASB

**There is ONE WEEK LEFT** to reach our goal of having 2,000 pounds of candy to give away at the Doheny Neighborhood Trick or Treat! Donation boxes are located at the Student Activities and Commuter Services Office (H110), Student Affairs Office (H200), Career Center (H401), I.S.A.E. (H207), and Switchboard.



## WHAT'S GOING ON WITH CAMPUS MINISTRY?

**Sunday Mass: Don't Miss It!** Start your week out right at Sunday Mass on October 26, 2003 @ 7:00 p.m. in Mary Chapel. Come at 5:45 p.m. if you want to sing in the choir. We will have a special blessing for all members of our Mount community celebrating birthdays in October. Stay after Mass for birthday cake and conversation! *Everyone is welcome – Catholic or non-Catholic, friends and family.*

**Feeding the Homeless** takes place every Sunday night, and everyone is welcome to get involved. It includes Meal Preparation at 5:30-6:30 in the Campus Center. The food and those who will distribute it are then blessed at our 7:00 p.m. Sunday Mass. Distribution of the food begins after Mass. At 8:15, people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. (This program runs strictly on a volunteer basis and we would love your assistance.) Interested? Call Nercy in Campus Ministry @ 4125 – or just show up on Sunday!

**Busy Persons Retreat!!!! October 26-30, 2003.** Join Campus Ministry and the Sisters of St. Joseph for four fun days of prayer and Reflection while attending classes. This is your opportunity to reflect and pray with a retreat companion. *What to bring:* Come with an open heart and mind.

**Confirmation Time?** Do you want to be confirmed this year? Interested in First Communion? Baptism? Becoming Catholic? Call Campus Ministry @ 4125 and ask for Shelley.

**Reflection Time:** Looking for a way to spend a little time in reflecting on how your life is going, and praying with a few other students? You might find just the perfect place in the CLC (Christian Life Community), a fellowship-based small prayer group that meets for an hour once a week. Everyone is welcome, and conversation is kept confidential. If you are interested, give Laura Gomez a call at x4124.

**Adopt-a-Sister Project** Do you like to work with arts and crafts? Do you enjoy friendly and meaningful conversations? If so, join us as we visit the retired sisters of Carondelet for fun arts and crafts activities every month. Interested? Call campus ministry at ext. 4125.

### LSAT Study Group

The LSAT study group with Tim Schoettle meets at the Chalon Learning Center in H207 on **Tuesdays, from 4:00 to 5:00 p.m.**

One-on-one LSAT tutoring is also available.

It's never too early to start practicing for the LSAT!

**SUBMIT YOUR ACTIVITIES, EVENTS OR ANNOUNCEMENTS TO THE CHALON STUDENT NEWS AND KEEP THE CAMPUS INFORMED!**

**cnews@msmc.la.edu**

### From the Vice President for Student Affairs

Goal 2 of our Strategic Plan says that we will "*cultivate beauty in our physical, aesthetic and spiritual environment in order to nourish wholeness in our lives.*" I would like to thank our Campus Ministry Team, especially **Gail Gresser, Laura Gomez and Gaile Krause and their student ministers**, for nourishing us with the Mass of the Holy Spirit on October 13th. We are so grateful for the gift of beauty inspired by this liturgy.... Dr. Jane Lingua

### Here is the answer to last week's riddle:

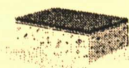
"I have holes on the top and bottom.

I have holes on my left and on my right.

And I have holes in the middle, yet I still hold water.

What am I?"

**A Sponge**





# CHALON STUDENT NEWS

Archives  
MSMC

Volume 10, Number 11

October 31, 2003

## CALENDAR OF EVENTS

### **SCRUBS SALE-ALPHA TAU DELTA**

Friday, Oct. 31 8:00 a.m.-12:00 Noon W.C. Patio

### **SWEET TREATS-SOCIOLOGY DEPARTMENT**

Friday, Oct. 31 12 noon-4 p.m. W.C. Patio

### **HAUNTED HALLOWEEN**

Friday, Oct. 31 5:00-10:00 p.m. Doheny

### **SUNDAY MASS**

Sunday, Nov. 2 7:00-8:00 p.m. Mary Chapel

### **MONDAY CONCERT**

Monday, Nov. 3 11 a.m.-1 p.m. Little Theatre

### **SCRUBS SALE -ALPHA TAU DELTA**

Monday, Nov. 3 8 a.m.-12 noon W.C. Patio

### **SOUL FOOD-A.A.C.W**

Monday, Nov. 3 11 a.m.-2 p.m. Little Theatre

### **NOON PRAYER SERVICE**

Wednesday, Nov. 5 12:00 Noon Mary Chapel

## FITNESS CENTER

\*\*\*\*\*Ext. 4345\*\*\*\*\*

*Want to learn how to shake it like Beyonce?*  
Then join Heidi on Monday, November 3rd and 17th for open and free **Hip Hop** class from 7-8 p.m. in the Lecture Hall.

### **Climbing Wall..."A Rock to Remember"**

The Fitness Education Department and RHL will be providing a **climbing wall** and other activities!

**When:** Tuesday, Nov. 4

**Where:** Fitness Center

**Time:** 6:30-8:30 p.m.



## HAPPY HALLOWEEN!!!!

**Please be safe and  
have fun!**



### Internships

There are many exciting things happening in the Internship Office! You are all welcome and encouraged to stop by the Career Planning Center and explore these dynamic opportunities:

- ♦ The Superior Court of Los Angeles (Criminal Court) has invited MSMC students to sit in on a criminal case trial, estimated to start the week of November 3<sup>rd</sup>. If you are interested in observing this trial, please contact Frank Ramirez ASAP.
- ♦ Judge Maureen Duffy-Lewis is hosting an internship program. She is seeking three to four MSMC students to mentor. This is a great opportunity to participate in the day-to-day activities of a high-level Criminal Court Judge.

Below are just a few of the many internships that are currently available:

- Clinical Care Extender Program, Hoag Memorial Hospital Presbyterian in Newport Beach. Training: November 1, 2, and 8
- FBI (3-5 positions guaranteed to MSMC students), Washington D.C., Various Positions Deadline: November 10 (For Summer 2004)
- United States Department of State, Washington D.C. or Overseas, Various Positions Deadline: November 1 (For Summer 2004)

For more information, please visit the Career Planning Center located in Humanities 401. You can also contact Frank Ramirez, Internship Coordinator, at (310) 954-4135 or [framirez@msmc.la.edu](mailto:framirez@msmc.la.edu).

Wishing you much success,  
Frank Ramirez, Internship Coordinator



## ISAE ~ Ext. 4144

### FREE MONEY

Are you an ISAE student, going to enroll full-time for next academic year (2004-2005), and have a minimum cumulative GPA of 2.5? If so, apply for the WESTOP SOCAL Chapter \$300 Scholarship. Please come by the ISAE Office to pick up an application. All that is needed to apply is the application, a non-ISAE recommendation letter, a personal statement and a copy of your transcripts. All applications must be turned into the office by Friday, December 5 @ 12 noon. An MSMC student has won this scholarship five out of the past six years! Let's continue the tradition!

### QUIET TESTING ROOM AVAILABLE

The Learning Center has the 2<sup>nd</sup> floor Humanities Conference Room reserved for quiet testing during the following time periods:

~Monday & Wednesday 8:00 a.m.-2:55 p.m.

~Tuesday & Thursday 9:30 a.m.-2:05 p.m.

~Friday 8:00 a.m.-4:30 p.m.

For further assistance regarding proctoring exams, please contact the Learning Center, in H207 or call the office at 310-954-4144.

### APA WORKSHOP

Writing a research paper? Learn to cite and document your sources in the **APA Workshop** on Thursday, November 6, 4:00-5:00 p.m. in Room H205. Please sign up in advance in front of the Learning Center, H207.

## All Souls Day/El Dia de los Muertos

Begins on November 2 (Sunday)

This day begins the heartfelt remembrance of our own beloved dead, a remembrance that continues throughout the entire month.

Sunday, November 2

Mass at 7 pm (Chalon)

The Book of the Dead, will be available in which you can write the names of your loved ones, and will be processed to the altar and opened for your use throughout November.

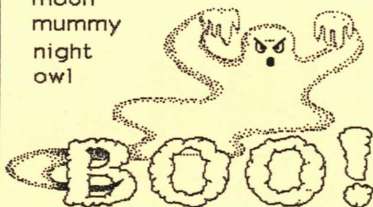
Tuesday, November 4 at 6:15 pm  
(Chalon)

Dia de los Muertos Procession from the Little Theater to the Mary Chapel for a prayer service, with refreshments and folklorico dancers performing after the service, sponsored by ASB.

In the Catholic tradition, the three days from October 31 to November 2, and all the days of November, help us to remember with gratitude and joyful hope the loving, deep, and *ongoing relationships* of the living and the dead -- *who still live*.

## Halloween Fun Word Search

|           |          |
|-----------|----------|
| bat       | pumpkin  |
| black     | scare    |
| broom     | skeleton |
| cat       | spider   |
| costumes  | spirits  |
| ghosts    | spooky   |
| halloween | vampire  |
| hoot      | witch    |
| monster   |          |
| moon      |          |
| mummy     |          |
| night     |          |
| owl       |          |



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| e | j | e | e | m | u | m | y | d | f |   |
| i | m | o | n | s | t | e | r | q | e | v |
| m | o | o | n | o | e | s | c | a | r | e |

Submit your  
activities, events  
or announcements  
to the Chalon  
Student News and  
keep the campus  
informed!  
[cnews@msmc.la.edu](mailto:cnews@msmc.la.edu)



# Chalon Student News

Volume 10, Number 12

November 7, 2003

## Calendar of Events

### Mass

Sunday, Nov. 9 7:00-8:00 p.m. Mary Chapel

### Monday Concert

Monday, Nov. 10 11 a.m.-1 p.m. Little Theatre

### Boba Sale—Women for Community Medicine

Monday, Nov. 10 11 a.m.-2 p.m. W.C. Patio

### Poetry Lounge/Bake Sale-AACW

Monday, Nov. 10 8:00-10:00 p.m. Lecture Hall

### Pizza Sale—Phi Alpha Delta

Wednesday, Nov. 11 11:30 a.m.-1 p.m. W.C. Patio

### Noon Prayer Service

Wednesday, Nov. 11 12:00 Noon Mary Chapel

### Philosophy Club Film Night

Thursday, Nov. 13 6:00-8:00 p.m. DH 301

### Girls Night In—Theta Alpha Sigma

Friday, Nov. 14 8 p.m.-Midnight Lecture Hall/L.T.

### Sistah's Night In—AACW

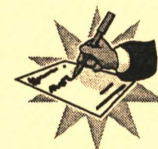
Friday, Nov. 14 10:30 p.m.-Midnight Lecture Hall

## Academic Advisement

Ext 4070

### **Tell us what you think and enter to WIN a PRIZE!**

Please complete and turn in your Faculty Advisor Evaluations. An evaluation was included in your registration packet. You can also pick up a copy from the Academic Advisement Center.



We will hold a raffle drawing at the end of the semester...so please turn in your Faculty Advisor Evaluations!

### **Spanish Placement Exam...back by popular demand!**

Did you miss the last Spanish Placement Exam session? Do you want to take Spanish 2, but don't know if you qualify?

We will be holding another Spanish Placement Exam session on Thursday, November 13, from 1-2 p.m. Please sign up in the Academic Advisement Center.

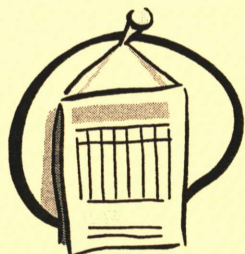
### **Want to study in Washington, DC next semester?**

Don't miss the opportunity to 'Rock the Vote' in our nation's capital!

The Academic Advisement Center has extended the deadline for the Washington Semester Program. You have until Friday, November 21, to submit an application. Contact the Academic Advisement Center (x4070) and make an appointment with Lydia Castillo to obtain an application and get more information.

## Attention Freshman!

Come to the next freshman class meeting!



**When:** Wednesday,  
November 19

**Time:** 7:30-8:00 p.m.

**Where:** Brady 1st Floor  
Lounge

**Remember to bring your ideas and concerns!**

## LSAT Study Group

The LSAT study group with Tim Schoettle meets at the Chalon Learning Center in H207 on Tuesdays, from 4:00 to 5:00 p.m.

One-on-one LSAT tutoring is also available.

It's never too early to start practicing for the LSAT!



## LEARNING ASSISTANCE PROGRAMS/ISAE

Ext. 4144

### Mo' Money!

Are you an ISAE student, enrolling full-time for the next academic year, with a minimum cumulative GPA of 2.5? If so, apply for the WESTOP SOCAL Chapter \$300 Scholarship. Please come by the ISAE Office to pick up an application. All that is needed to apply is the application, a non-ISAE recommendation letter, a personal statement and a copy of your transcripts. All applications must be turned into the office by Friday, December 5 at 12 noon. An MSMC student has won this scholarship five out of the six past years! Let's continue the tradition!



### ARE YOU A HISPANIC SOPHOMORE OR JUNIOR BUSINESS MAJOR?

The Hispanic Scholarship Fund/ JP Morgan Chase Scholarship Program has a **\$2500** scholarship for you! Must have a minimum GPA of 2.7 and be enrolled full-time. Application entails: three short essays, one long essay, letter of recommendation, verification of enrollment, official transcripts and financial information documentation. The postmark deadline for this scholarship is **November 26, 2003**. Stop by the ISAE Office for an application or visit [www.hsf.net](http://www.hsf.net) to download a copy. If you qualify, start working on your application ASAP! !! Good Luck!



### Masquerade at the Mount

Join the sisters of Kappa Delta Chi sorority for a mystical night filled with music, fun, and good vibes.

The Masquerade will take place on Thursday, November 20, from 8:00 p.m. to 12:00 midnight in the Circle.

Dress to impress! Early arrival is suggested because this event will sell out!

Pre-sale: \$7.00

At the Door: \$10.00

**See your nearest Kappa Delta Chi member for pre-sale tickets.**

## Career Planning

Ext. 4070

The Idealist.Org Non-profit Career Day is Friday, November 14 at UCLA School of Public Policy from 11 a.m.-4 p.m.. Here are just some of the 34 organizations that will be at the fair:

- \*AFL-CIO Organizing Institute
- \*Boys Hope Girls Hope
- \*Andrus Gerontology Center
- \*Cesar E. Chavez Foundation
- \*Create Now!
- \*Hollygrove Family Service
- \*Kidsave International
- \*L.A. Free Clinic
- \*Little Tokyo Service Center
- \*Pacific Clinic
- \*Reading to Kids
- \*Vista Del Mar

Admission is free; parking at UCLA is \$7. For more information visit the Idealist.Org website.

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Considering law school? You might want to attend the LSAC Law School Forum on **November 14** from 12 noon to 4 p.m. or **November 15** from 10 a.m.-5 p.m. at the Los Angeles Marriott Hotel. Admission is free. This is an opportunity to talk with representatives from law schools, obtain admissions materials and financial aid and other financial information, attend information sessions on the law school admission process, and more. Register on line at [www.LASC.org](http://www.LASC.org).

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If getting an MBA is in your future, you should consider attending the MBA Forum on **November 15** at the Wilshire Grand Hotel from 12 noon - 4:00 p.m. Admission is free. This forum offers workshops on picking the right MBA program, going through the application process, developing contacts with business school representatives and more. Register on line no later than 4 days prior to the event at [www.mba.com](http://www.mba.com) or call 866-505-6559.

←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←←

Will you be looking for a job soon? If so, you might want to attend the Job Search Workshop on Thursday, November 13 from 1-2 p.m. in H404. Information on how to conduct a job search, including using the internet effectively, will be presented.





## Thank you to all the Sponsors for the *Women of Juarez*

ASB would like to thank all the clubs and departments that showed their support in bringing the production of the *Women of Juarez* to our campus. Your support shows your compassion for these women and the issues they face, and above all, concern about social injustices occurring today.

Your support brought awareness about the injustices the women in Juarez have dealt with for the past 10 years. Awareness is the first step towards a better future for them and for all women.

Special thanks to:

Art Club, Campus Ministry,  
Counseling & Psychological Services,  
Kappa Delta Chi. Ka Pua O Ka  
'Aina, Latinas Unidas, RA's, RHA,  
Residence Life, Student Affairs, Theta  
Alpha Sigma & Women's Leadership.

*We could not have done it without  
you!*



Submit your activities,  
events or announcements  
to the Chalon Student  
News and keep the  
campus informed!

[cnews@msmc.la.edu](mailto:cnews@msmc.la.edu)

## The Health Corner

### Part II on OTCs: How to Read an OTC Drug Label

You don't need a prescription to buy OTC medicine. But like prescription drugs, OTC medicines can also cause unwanted and sometimes dangerous side effects. Before you buy an OTC medicine, it's important to read and thoroughly understand the information on the drug label. Use the following as a guide. If you have questions about a medicine, ask your pharmacist or family doctor.



1. Active Ingredient -- The active ingredient is the chemical compound in the medicine that works to relieve your symptoms. It is always the first item on the label. There may be more than one active ingredient in a product. The label will clearly show this.
2. Uses -- This section lists the symptoms the medicine is meant to treat. The U.S. Food and Drug Administration (FDA) must approve these uses. Uses are sometimes referred to as indications.
3. Warnings -- This safety information will tell you what other medicines, foods, or situations (such as driving) to avoid while taking this medicine.
4. Directions -- Information about how much medicine you should take and how often you should take it will be listed here.
5. Other Information -- Any other important information, such as how to store the product, will be listed here.
6. Inactive Ingredients -- An inactive ingredient is a chemical compound in the medicine that isn't meant to treat a symptom. Inactive ingredients can include preservatives, binding agents, and food coloring. This section is especially important for people who know they have allergies to food coloring or other chemicals.
7. Questions or Comments -- A toll-free number is provided to address any questions or comments you may have about the medicine.

Stay healthy,  
Carol Parente, FNP-C



## What's going on with Campus Ministry?

Week of November 9



**Sunday Mass: Don't Miss It!** Get your week off to a good start at Sunday Mass on November 9, 2003 at 7:00 p.m. in the Mary Chapel. Come at 5:45 p.m. if you want to sing in the choir. And stay after Mass for some milk & cookies and conversation! *Everyone is welcome – Catholic or non-Catholic, friends and family.*

**Feeding the Homeless** takes place every Sunday night, and everyone is welcome to get involved. It includes Meal Preparation at 5:30-6:30 in the Campus Center. The food and those who will distribute it are then blessed at our 7:00 Sunday Mass. Distribution of the food begins after Mass. At 8:15, people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. (This program runs strictly on a volunteer basis and we would love your assistance.) Interested? Call Nercy in Campus Ministry @ 4125 – or just show up on Sunday!

**Confirmation Time?** Do you want to be confirmed this year? Interested in First Communion? Baptism? Becoming Catholic? Call Campus Ministry @ 4125 and ask for Shelley.

**Reflection Time:** Looking for a way to spend a little time in reflecting on how your life is going, and praying with a few other students? You might find just the perfect place in the CLC (Christian Life Community), a fellowship-based small prayer group that meets for an hour once a week. Everyone is welcome, and conversation is kept confidential. If you are interested, give Laura Gomez a call at x4124.

**A Mass of Remembrance** will take place Wednesday, November 19, 2003, at 12:00 noon in Mary Chapel. All are welcome to attend to remember our faithful departed.

*Mount St. Mary's College  
invites you and your family  
to join us in celebrating  
the spirit of the holidays  
at the annual*

## **CHRISTMAS MAGIC AT THE MANSION OPEN HOUSE**

*Sunday, December 14, 2003  
2:00 p.m. to 4:00 p.m.*

*Doheny Mansion  
10 Chester Place  
Los Angeles*



*Afternoon Highlights Include:  
Self-Guided Mansion Tours  
Carolers  
Lectures about the Mansion  
Tasty Treats*

*Please RSVP to Institutional  
Advancement  
(213) 477-2764*

*~Festive Attire Recommended~*

*In order to preserve this historical residence,  
we ask that guests do not bring children's  
strollers inside the mansion.*





# Chalon Student News

Volume 10, Number 13

November 14, 2003

## Calendar of Events

### AACW –Sistah's Nite In

Friday, Nov. 14 10:30 p.m.—midnight Lecture Hall

### Thanksgiving Clothing / Canned Food Drive

Friday, Nov. 14 8 a.m.-8 p.m. The Circle

### Alpha Tau Delta –Scrub Pre-Sale

Fri. Nov. 14, & Tue. Nov. 18 9 a.m.- 2 p.m. LT Foyer

### Masquerade at the Mount- Presale Tickets

Fri. Nov. 14, Tue. Nov. 8, & Thu. Nov. 20 10 a.m.- 2 p.m.  
WC Patio

### Accounting Association- Breakfast fundraiser

Sat. Nov. 15, & Sun. Nov. 16 7:30 a.m.-10 a.m.  
Campus Center

### Phi Alpha Delta- Pizza sale

Sat. Nov. 15, & Sun. Nov. 16 11:30 a.m.- 1 p.m.  
WC Patio

### Mass

Sunday, Nov. 16 7:00 p.m. Mary Chapel

### Thanksgiving Canned Food/Clothing Drive

Mon. Nov. 17, & Wed. Nov. 19 8 a.m.-8 p.m. The Circle

### Student Ambassadors-Recruitment

Tue. Nov. 18, & Thu. Nov. 1 1 p.m.-2 p.m. The Circle

### Pi Theta Mu- Pie Sale

Wed. Nov. 19, & Thu. Nov. 20 9 a.m.-3 p.m. LT Foyer

### Scholar/Mentor Club-Jamba Juice Sale

Wednesday, Nov. 19 10:30 a.m.-1 p.m. WC Patio

### Na Pua O Ka Aina- Spam Musubi Sale

Wednesday, Nov. 19 10:30 a.m.- 3 p.m. WC Patio

### Noon Prayer Service

Wednesday, Nov. 19 Noon Mary Chapel

### Great American Smoke out

Thursday, Nov. 20 11 a.m.- 12:45 p.m. LT Foyer

### Masquerade at the Mount-Kappa Delta Chi

Thursday, Nov. 20 8 p.m.-12 p.m. Campus Center

### Phi Alpha Delta- Raffle Ticket Sale

Friday, Nov. 21 9:00 a.m.- 12:00 p.m. WC Patio

## ALL CLASS SOCIAL !

**Come support our troops by  
making a card and receive a  
FREE ice-blended or hot  
coffee!!!**



**When:** TUESDAY, NOV. 25

**Where:** LECTURE HALL

**Time:** 1-4 P.M.

**Sponsored by ASB**

## Attention Freshman!

*Come to the next freshman class meeting!*

**When:** Wednesday, November 19

**Time:** 7:30-8:00 p.m.

**Where:** Brady 1st Floor  
Lounge



*Remember to bring your  
ideas and concerns!*

## Attention Sophomores!

*Come to the next Sophomore Class  
Meeting!*

**When:** Monday Nov. 17

**Time:** 7:30 p.m.

**Where:** Brady 1st Lounge

Archives  
MSMC

Sponsored by ASB

Remember to bring your  
ideas, concerns and smiles!





## **LEARNING ASSISTANCE PROGRAMS/ ISAE, H207**

### **\$300 if you are in ISAE!**

Are you an ISAE student, going to enroll full time for next academic year 2004-2005, and have a minimum cumulative GPA of 2.5? If so, apply for the WESTOP SOCAL Chapter \$300 Scholarship. Please come by the ISAE Office to pick-up an application. All applications must be turned into the office by Friday, December 5<sup>th</sup> @ 12 noon. Good Luck!

### **ARE U A HISPANIC SOPHOMORE OR JUNIOR BUSINESS MAJOR?**

The Hispanic Scholarship Fund/ JP Morgan Chase Scholarship Program has a \$2500 scholarship for you! Must have a minimum GPA of 2.7 and be enrolled full-time. The postmark deadline for this scholarship is **November 26, 2003**. Stop by the ISAE Office for an application or visit [www.hsf.net](http://www.hsf.net) to download a copy. If you qualify, start working on your application ASAP! !

### **WANT TO BE AN ISAE ROLE MODEL...**

If you are an active ISAE participant who will have junior class standing by next Fall 2004, we encourage you to apply for the **ISAE PEER ADVISOR PROGRAM** this spring. Recruitment will be start in March 2004. In addition to submitting your resume with your application, you will be required to attach an official copy of your Leadership Transcript that will reflect all your leadership development and experiences. For more information on how to get your Leadership Transcript started, if you have not already done so, please contact the Women's Leadership Program at (310) 954-4530 today.

### **GUESS WHAT IS COMING INTO TOWN...FINALS! (LAST WORKSHOP FOR FALL 2003)**

BE PREPARED to conquer them by attending the  
**Fall Study-a-Thon.**

Saturday November 22nd

9 a.m. to 12:30

Check-in at the Chalon Learning Center (H207)

Study-a-thon workshop series:

- Test Taking and Test Anxiety
- Writing your Essay Exam
- De-stress Yourself

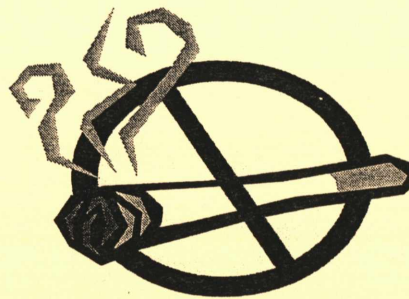
\*\*\*Plus Morning Refreshments and Afternoon Raffle  
Drawing\*\*\*

### **GIVE THANKS~HAVE A LEAF!**

As Thanksgiving nears, the ISAE Office would like to invite ALL STUDENTS to come by to reflect on the things for which we are thankful. Add leaves to our "Trees of Thanks" in and around the Learning Center, H-207. Leaves will be made available to all students to write little thoughts & comments. Take time to give thanks!

**Got a question about our events?  
Then call The Chalon Learning Center (310)  
954-4138.**

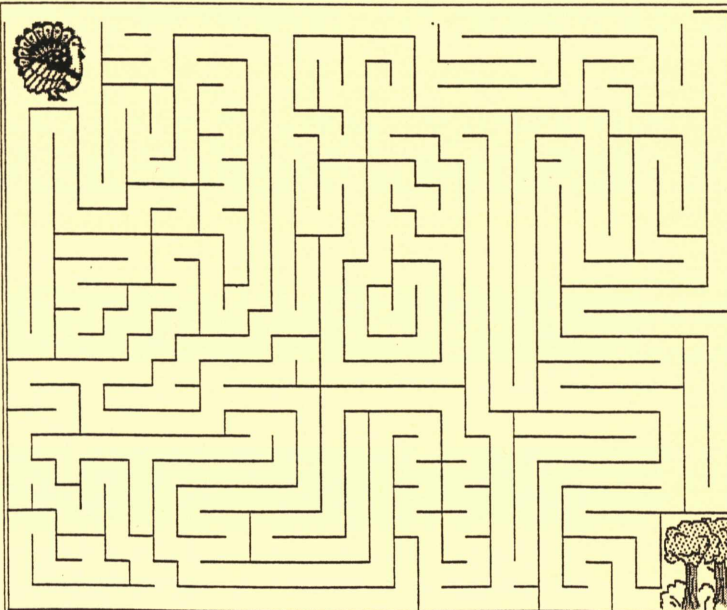
## **The Great American Smokeout**



Are you up to the challenge, the challenge to stop smoking for good? Then you're off to a good start with the Great American Smokeout. Each year on the 3<sup>rd</sup> Thursday of November, the American Cancer Society promotes the Great American Smokeout nationwide. This year, on November 20, all smokers will be challenged to quit smoking for the day.

Research shows that with support and encouragement from friends and family, smokers have an increased chance of quitting—permanently. Quitting the habit also reduces the risk of developing numerous cancers. So join the American Cancer Society in promoting the Great American Smokeout by "kicking the habit" for a day. It can be a start to a healthy life.

**BY: Natalie Salazar**



Help the turkey escape into the woods



*Mount St. Mary's College  
invites you and your family  
to join us in celebrating  
the spirit of the holidays  
at the annual*

## **CHRISTMAS MAGIC AT THE MANSION OPEN HOUSE**



*Sunday, December 14, 2003  
2:00 p.m. to 4:00 p.m.  
Doheny Mansion  
10 Chester Place  
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*Afternoon Highlights Include:  
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*Please RSVP to Institutional  
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*~Festive Attire Recommended~*

*In order to preserve this historical residence,  
we ask that guests do not bring children's  
strollers inside the mansion.*



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Join the sisters of Kappa Delta Chi sorority for a mystical night filled with music, fun, and good vibes.

*The Masquerade*

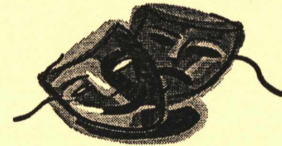
will take place on Thursday, November 20, from  
8:00 p.m. to 12:00 midnight in the Circle.

Dress to impress! Early arrival is suggested  
because this event will sell out!

Pre-sale: \$7.00

At the Door: \$10.00

**See your nearest Kappa Delta Chi  
member for pre-sale tickets.**



## **Fitness Center Ext 4345**

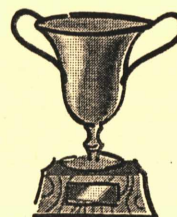
### **SMARTBODIES**

Last week of appointments  
available for the semester. Do  
you have your fitness plan for the semester break?  
Are you aware that the pool is heated at 80  
degrees. Take advantage of these free and great  
opportunities.



### **HIP HOP**

So you've learned to shake it like **J-LO** and  
**BEYONCE**. Now show those moves at the last  
open and free hip-hop class with Heidi. It will be on  
Monday, November 17th from 7-8 p.m. in the Lecture  
Hall. First timers are welcome. Come on and give it a  
try.



### **Congratulations!**

Our women's intramural volleyball  
team had a record of 2-2 and made it  
to the first round of finals. Great job  
hanging in there.



## Congratulations!

Student Affairs would like to congratulate the December Graduates. Please join us in recognizing the accomplishments of the Mount St. Mary's Students who will be finishing their college career this semester.

Lizette Alvarez  
Michelle Arenas  
Grace Avila  
Julia Bedetti  
Daniela Beltran  
Miriam Bolivar  
Zenía Canas  
Adriana Caridad  
Dinnelle Davies  
Elaine Ebilane  
Kara Gallagher  
Carey Gardner  
Elisha Gates  
Dayna Gulino  
Lily Guzman  
Angelique Heilig  
Laura Herrera  
Tamatha Herrera  
Lynne Johnson  
Susan Juarez  
Charlene Khuamphorn  
Meaghan Kloosterman  
Agasia Lanier  
Latoya Lewis  
Marilyn Lopez  
Maria Mendoza  
Sarah Moe  
Maria Moncada  
Maria Ochoa  
Dolores Patterson  
Candice Proctor  
Vadee Punyanussorane  
Luisa Reyes  
Gabriela Robledo  
Precious Ruiz  
Stephanie Sampson  
June Sun

Melissa Ann Ugale  
Amy Wells  
Lijon Woods  
April Zavala  
Kathleen Andrade  
Lacinda Beggs  
Diana Chavez  
Gloria Ching  
Monica Correa  
Laura Eckerman  
Claudine Gueniot  
Carol Hahn  
Jacquelyn Hernandez  
Isabel Huey  
Maryknoll Javier  
Anne Johnson  
Marah Lago-Greenberg  
Roman Latorre  
Rosa Madrigal  
Johelen Matrang  
Liza Marie McMichael  
Sara Mena  
Renee Miletta  
Valerie Mitchell  
Rose Pohl  
Jennifer Sanchez  
Olga Steingieser  
Michael Strom  
Che Strom  
Shannon Tester  
Kellie Urdang

**Congratulations to the following December 03 graduates who are eligible to graduate with Honors:**

### Summa cum laude

Michelle Arenas

### Magna cum laude

Angelique G Heilig

### Cum laude

Lynne M. Johnson

Sarah E Moe



Any December 03 graduate who has any questions concerning their eligibility to graduate with Honors can call Agnes Zelus, X4017 for an appointment

## Student Ambassador Program

Ext. 4080



Are you interested in making a *difference* in the lives of *youth*? Then you should apply to become a .....

## Student Ambassador!

### What is an Ambassador?

A high school ambassador works with high school students, answering questions about preparation for college, college life, financial aid, and provides assistance to college counselors. Each ambassador is assigned to a site and works an average of 6-8 hours per week.

### Eligibility:

- Full-time undergraduate students
- At least second-semester freshman standing
- At least a 2.5 cumulative GPA
- Complete an application, submit a letter of recommendation, and participate in an interview over the winter break

Applications are also available in the Ambassador Offices at the **Brady Patio Basement**

**Submit your activities, events or announcements to the Chalon Student News and keep the campus informed!**

**cnews@msmc.la.edu**



# CHALON STUDENT NEWS

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to [cnews@msmc.la.edu](mailto:cnews@msmc.la.edu).

Volume 10, Number 14

November 21, 2003

## Calendar of Events

### **Phi Alpha Delta- Raffle Ticket Sale**

Friday, Nov. 21 9 a.m.-12:00 noon  
W.C Patio

### **Mass**

Sunday, Nov. 23 7:00 p.m. Mary Chapel

### **Monday Concert**

Monday, Nov. 24 11 a.m.-1 p.m.  
Little Theatre

### **Phi Alpha Delta- Raffle Ticket Sale**

Monday, Nov. 24 11 a.m.- 3 p.m.  
W.C Patio

### **Latinas Unidas- T.V Raffle Ticket Sale**

Tuesday, Nov. 25 11 a.m.-3 p.m. W.C Patio

### **Human Rights Advocacy Fair**

Tuesday, Nov. 25 1 p.m.- 2 p.m.  
Campus Center & Lecture Hall

### **All Class Social**

Tuesday, Nov. 25 1 p.m.- 4 p.m.  
Lecture Hall

### **Noon Prayer**

Wednesday, Nov. 26 12:00 Noon  
Mary Chapel

### **Thanksgiving Holiday**

Thursday and Friday, November 27-28

**Happy Thanksgiving!**  
**Have a fun and**  
**relaxing four-day**  
**weekend!**



## Jostens Ring Sale!



Back by popular demand, Jostens will be back on campus! We will be hosting an additional ring event at the **Chalon campus** on **Tuesday, November 25, from 11 a.m. -3 p.m.** outside of the Little Theater. All rings that are ordered and paid in-full will ship in time for Christmas.

## Health Services

(310) 954-4110

### Get to know your Student Health Advocates

Members of the Student Health Advocate Committee (SHAC) provide health advocacy outreach on campus and in our local community. The members for this year are:



Mina Ali  
Allie Allbright  
Katrina Asinas  
Coral Bredin  
Maria M. Hernandez  
Pamela Jaimelyn-Utu  
Eunice Lee  
Stephanie Martinez  
Shirley Nguyen  
Farrah Rivera

Outreach programs slated for spring semester will focus on nutrition and on drug-related issues. Also check out their health tips in upcoming issues of the Chalon Student News.



## What's going on with Campus Ministry?

**Sunday Mass: Don't Miss It!** Get your week off to a good start at Sunday Mass on November 23, 2003 @ 7:00 p.m. in the Mary Chapel. Come at 5:45 p.m. if you want to sing in the choir. And stay after Mass for some milk & cookies and conversation! *Everyone is welcome - Catholic or non-Catholic, friends and family.*

**Feeding the Homeless** takes place every Sunday night, and everyone is welcome to get involved. It includes Meal Preparation at 5:30-6:30 in the Campus Center. The food and those who will distribute it are then blessed at our 7:00 Sunday Mass. Distribution of the food begins after Mass. At 8:15, people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. (This program runs strictly on a volunteer basis and we would love your assistance.) Also, please make donations to this project at the Campus Ministry Office. Interested? Call Nercy in Campus Ministry (310) 954-4125, or just show up on Sunday!

**Confirmation Time:** Do you want to be confirmed this year? Interested in First Communion? Baptism? Becoming Catholic? Call Campus Ministry @ 4125 and ask for Shelley.

**Reflection Time:** Looking for a way to spend a little time in reflecting on how your life is going, and praying with a few other students? You might find just the perfect place in the CLC (Christian Life Community), a fellowship-based small prayer group that meets for an hour once a week. Everyone is welcome, and conversation is kept confidential. If you are interested, give Laura Gomez a call at x4124.

**Advent Wreaths** Interested? Campus Ministry will have Advent Wreath Making Sunday November 30, immediately after mass. Join us in the Advent Spirit! Refreshments will be served. Wreaths can be ordered at the Campus Ministry Office x4125.



Mount St. Mary's College  
invites you and your family  
to join us in celebrating  
the spirit of the holidays  
at the annual

## CHRISTMAS MAGIC AT THE MANSION OPEN HOUSE



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*~Festive Attire Recommended~*

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ASB invites  
the Mount Community to the  
Christmas Social

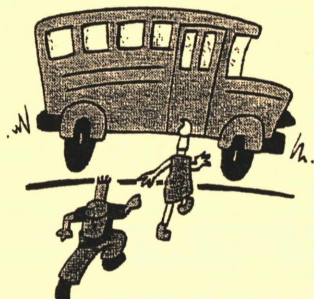


Monday, December 1  
10 a.m.—3 p.m.  
Campus Center  
Later, join us from 6-7 p.m. for the  
Lighting of the Circle.

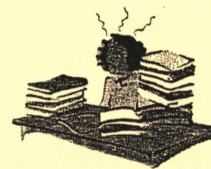
## Looking ahead...

Students, please be advised that the  
Spring Shuttle Schedule is available at  
[http://www.msmc.la.edu/student\\_life/  
ParkingVanTrans/shuttle\\_\\_schedule.htm](http://www.msmc.la.edu/student_life/ParkingVanTrans/shuttle__schedule.htm)

This schedule will start on Tuesday,  
January 20, 2004. Please review the  
schedule closely so that you have  
sufficient time in your schedule to travel  
from one campus to another and get to  
class on time.



## Feeling Stressed?



### De-Stress Day is coming!

- Tuesday, Dec. 2, 11:30 a.m. to 2:30 p.m.
- In the Chalon Lecture Hall and Circle (weather permitting)



Come for arts & crafts, massage,  
the pamper table and  
games. It's a great  
opportunity for you to  
relax before finals and the holiday rush.  
You can sign up in advance for a 10-  
minute massage session in Health  
Services **on Monday or Tuesday morning** (no  
emails or phone calls please).



Sponsored by Health Services, Counseling &  
Psychological Services (CPS), Fitness, and the  
Student Health Advocates (SHAC).

## Human Rights Advocacy Fair

Tuesday, November 25  
1:00-2:00 p.m.  
Campus Center



There are many human rights  
violations happening every day, even within the United  
States.

Attend the Human Rights Advocacy Fair and meet  
other students who want to increase awareness about  
these issues:

- The use of land mines
- Colombia's child soldiers
- Women of Juarez
- AIDS
- Juvenile justice

Be informed. Get inspired. Involve yourself!

Sponsored by **ASB**.

**SUBMIT YOUR ACTIVITIES, EVENTS OR ANNOUNCEMENTS TO THE CHALON  
STUDENT NEWS AND KEEP THE CAMPUS INFORMED!**

**CNEWS@MSMC.LA.EDU**



## LEARNING ASSISTANCE PROGRAMS/ISAE

### H207~(310) 954-4144

#### GIVE THANKS—HAVE A LEAF!

As Thanksgiving nears, the ISAE Office would like to invite ALL STUDENTS, FACULTY AND STAFF to come by to reflect on the things for which they are thankful. Add leaves to our "Trees of Thanks" in and around the Learning Center by coming to the Learning Center and decorating a leaf (or leaves!) to share your thoughts and comments of thanks. Take time to give thanks! Thanks!

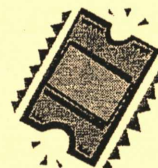


#### Will you be a December 2003 graduate?

Congratulations! Please make an appointment with your ISAE Counselor before finals to do your EXIT INTERVIEW for the program.... "Oh the places you will go!"

#### Opportunity to WIN COOL PRIZES!

- 1st Prize: Universal Studios City Walk fun package (including 2 Cineplex Movie Tickets & a \$25 Gift Certificate to Hard Rock Cafe)
- 2nd Prize: \$20 Gift Certificate to Bath & Body Works
- 3rd Prize: \$10 Gift Certificate to Blockbuster



#### How do I enter the raffle?

All you have to do is pick up a form to evaluate your Fall 2003 Peer Advisor from the ISAE office or print it out from the e-mail that was sent to you. You may return the evaluation in campus mail (addressed to ISAE Office/Box 88/Chalon) or turn in the form to the ISAE Office.

**Please submit your completed evaluation by Monday December 8th.**

#### Want to be an ISAE Role Model?

If you are an active ISAE participant who will have junior or senior class standing by Fall 2004, we encourage you to apply for the ISAE PEER ADVISOR PROGRAM this Spring. Recruitment will start in March 2004.

In addition to submitting your resume with your application, you will be required to attach an official copy of your LEADERSHIP TRANSCRIPT that will reflect all your leadership development and experiences. (For more information on how to get your Leadership Transcript started, if you have not already done so, please contact the Women's Leadership Program at (310) 954-4350 today.)

#### Fall STUDY-A-THON

You can still sign-up for the Saturday, November 22nd Study-A-Thon (9:00 a.m. to 12:30 p.m.) Please check in at the Learning Center (H207). Workshops include: Test Taking and Test Anxiety, Writing the Essay Exam, and De-stress Yourself.

Please note: The Learning Center will close at 4:30 p.m. on Wednesday, November 26.

May you and your family have a Happy Thanksgiving!

### **Tell us what you think and enter to WIN a PRIZE!**

Please complete and turn in your Faculty Advisor Evaluations. *An evaluation was included in your registration packet.* You can also pick up a copy from the Academic Advisement Center (H401, (310) 954-4070). You can drop off your Advisor Evaluation in the Registrar's Office or the Academic Advisement Center. We will hold a raffle drawing at the end of the semester, so please turn in your Faculty Advisor Evaluations today!

### **Student Activities & Commuter Services (310) 954-4120**

Are you interested in becoming a leader? Now is your chance to do so by applying for open positions in the Associated Student Body. The positions available include Mount Events Chair, Multi-Cultural Night Chair, Senior Senator, and Athenian Spirit Chair. Applications are now available at the Student Activities office and are due December 5. Interviews will take place the week of January 26. Apply now!



# Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to [cnews@msmc.la.edu](mailto:cnews@msmc.la.edu).

Volume 10, Number 16

January 21, 2004

## Important Information for Vehicle Owners



- Parking Citations will be issued to **any** vehicle parked on campus not displaying a valid Mount St. Mary's Parking Permit starting on **January 27**.
- For added convenience, daily parking passes at Chalon can now be purchased at the **Entrance Kiosk (\$1.50 per day)**.
- All other parking regulations are in effect all through the calendar year. All illegally parked vehicles will be **cited and/or towed at owner's expense**.
- The Parking Committee has approved the purchase of two **"boots"** to assist with parking enforcement. Security will install the **"boots"** on a vehicle's wheel with a third and subsequent parking citation.
  - ⇒ The boot will make the vehicle inoperative.
  - ⇒ The boot may **only** be removed by Security after the vehicle's owner has shown proof that all outstanding parking fines have been paid to the Business Office.
  - ⇒ This procedure will reduce the frequency of towing from campus.

Students have expressed concern that we "should have called them first" before towing their car. The use of a "boot" will hold the vehicle's owner responsible for the violations but will reduce the financial impact and minimize the inconvenience of recovering their vehicle.

## Welcome back, students!

~RESIDENCE LIFE~

(310) 954-4325

Archives  
MSMC

## HELP WANTED!

Applications for the Resident Assistant positions (RA) for 2004-2005 will be available Wednesday, January 28 at the **Residence Life Office** and the **Student Affairs Office** at both *Chalon* and *Doheny*. All undergraduate students are welcome to apply.

### Positions available:

- ✦ 8 at Doheny
- ✦ 12 at Chalon
- ✦ 2 at the University of Judaism

### Information Sessions:

**When:** Thursday & Friday, January 29 & 30

**Where:** Doheny—Donohue Center

Chalon—Brady 1<sup>st</sup> Floor Lounge

**Time:** 1:30 p.m. to 2:00 p.m.

**Applications are due no later than Friday, Feb. 13 by 4:30 p.m. to the Residence Life Office at either campus.**

For more information stop by the Residence Life Office or call Chalon: (310) 954-4325 or Doheny: (213) 477-2661.

**Announcements will be made on Friday, March 12.**

## Class of 2004

All May 2004 Graduating Seniors—don't be left out of the **yearbook!**

Senior portrait sittings will be held the last week of January at Chalon and the second week of February at Doheny. Sign up on-line at [www.artistryfoto.com](http://www.artistryfoto.com)





## Student Employment

(310) 954-4195

### Work-Study Positions Available for the 2004 Spring Semester

If you have not found a job for the  
**Spring Semester**  
or need a change of pace, the following  
departments are looking for student employees,  
who were awarded work-study as part of their  
financial aid package.

#### Department

Administration & Finance  
Annual Giving  
Business Admin & Psych  
Experiential Learning  
Library  
Modern Languages  
Music  
Student Affairs

#### Position

Assistant  
Phone-a-thon Rep.  
Office Assistant  
Assistant  
Library Assistant  
Student Assistant  
Assistant  
Office Assistant

Stop by or call the Student Employment Office at  
(310) 954-4195 for additional information  
regarding the positions and for a job referral.



### Do you love to sing?

It is not too late to sign up for either one  
of these choral groups:

- Mount Chorus
- Mount Singers

There is **NO AUDITION** required and  
reading music is **NOT REQUIRED**.

What is required is the desire to sing, a  
desire to learn about singing, and a willingness to make a  
commitment. The style of music performed will consist of  
classical, contemporary, and popular music.

Rehearsals for both the Chorus and the Singers are on  
Tuesday, beginning on January 27 in room H506

- The Mount Singers 4:45 p.m. to 6:15 p.m.
- The Mount Chorus from 7 p.m. to 8:30 p.m.

Participating in a choral group is a great way to relieve  
stress. I promise, as the Director of Choral Activities, that I  
will not add to your stress. My objective is to make our  
world a better and more beautiful place through the music  
learned and performed. If you have any questions please  
call Sister Teresita at (310) 954-4266 or Ed Archer at  
(310) 458-6239.

## Student Activities & Commuter Services

(310) 954-4120

### CLUBS AND ORGANIZATIONS!

Do you want to make some money?  
ASB is having its annual

### Fashion Show on

Thursday,

February 12, 2004

and we want **YOU** to model for it!



\*For more information, or to sign up, come by the  
Student Activities and Commuter Services office (1st  
Floor Humanities) or contact Evelin Limana,  
Dance/Formal Chair, at (310) 954-4502.

Hope to see you all there!



### Welcome Commuters!

#### When:

**Thursday, January 22**

**8 a.m. - 10 a.m.**

**Campus Center**



- ♦ Grab some breakfast goodies  
and helpful information for the  
spring semester
- ♦ Sign up for the carpool  
program
- ♦ Get a copy of the most  
updated off-campus housing  
listings
- ♦ Semester stickers for the  
spring
- ♦ And much more!!



### **Greek Week 2004**

#### "Discover the Greeks"

Greek Fair

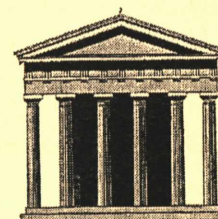
Monday, January 26

12 noon - 2 p.m.

Little Theater Foyer

Represented: **Kappa Delta**

**Chi, Phi Alpha Delta, Theta Alpha Sigma**



Are you interested in joining a Greek  
organization? Come and discover the Greeks!



## ATTENTION MOUNT COMMUNITY!

You are all invited to a presentation given by  
**Sr. Darlene Kawulok**  
of her thesis project for the Doctor of Ministry  
degree, which she received from  
Barry University in December 2003.

This project is titled:  
"All of Which Woman Is Capable: A Liberative  
Dialogue between Our Lady of Guadalupe  
and Mexican/Mexican-American College Women"

The project utilized both theoretical and  
experiential research, in the areas of liberation  
theology, popular religious culture, linguistic and  
iconic interpretation. For the experiential  
component, Sr. Darlene designed a theological  
reflection process and engaged ten of our Doheny  
students in a formal reflection which extended over  
five months. Sr. Darlene wants to share the fruits  
of her research with the academic community at the  
Mount, not only in words but also with a powerpoint  
"tour" of the presence of Our Lady of Guadalupe  
right here in our neighborhood!

If you can, please join us on Monday, **January 26,**  
**at 3:00, in the Fritz Burns Conference**  
**Center, Doheny Campus,** to hear and see  
Sr. Darlene's interesting presentation, which will last  
about 25 minutes, and to engage in discussion with her.  
Because this is the Mount, there will be food for the  
body, not just for the mind!

## Fitness Education Happenings

(310) 954-4345



There is still time and space to  
add a Fitness  
Education Class. It is never too  
late to begin a  
New Year's Resolution.

### Intramural Sports



If you are interested in  
participating in Women's  
Basketball or Indoor  
Soccer, please sign up by  
Friday, January 23 as the  
season starts the week of January 26.



### Save the Dates

**Mount Cup**—Saturday, February 21  
**Athenian Day**—Saturday, March 6

**Submit your activities,  
events or announcements to  
the Chalon Student News  
and keep the campus  
informed!**

**cnews@msmc.la.edu**

## CAREER PLANNING CENTER

(310) 954-4070

Welcome back, Athenians! To start Spring semester on the right foot, I encourage each of you to visit the **Career Planning Center** and meet with Frank Ramirez, Internship Coordinator, regarding the many exciting internship opportunities waiting for you. Explore your talents and career options. It is not too late! Below are just a few of the countless Spring internship openings still available. Don't wait too long. These spectacular opportunities get filled very quickly!

### **\* E! Networks**

Various Departments  
Location: Los Angeles

### **\*Salvation Army**

Child Care Centers  
Case Managers  
Location: Through-  
out Los Angeles

### **\*USC (General Hospital)**

Child Life Specialist  
4 positions available

### **\*Paramount Pictures/Dr. Phil**

Production Internship  
Location: Los Angeles



## Chalon Learning Center/I.S.A.E

(310) 954-4144

The Chalon Learning Center is open Monday-Thursday 8:00 a.m. – 6:00 p.m. and Friday 8:00 a.m. – 4:30 p.m. Learning Center services include tutoring, writing support, assistance with developing and refining time management and study skills, service for students with disabilities, analytical skills tutoring, and test proctoring (some services are offered by appointment). The Learning Center is also available for general study space and computer use. Stop by to visit us soon!

### QUIET TESTING

The Learning Center will be available for QUIET TESTING accommodations Monday-Friday from 8:00 a.m. – 4:30 p.m. during the Spring 2004 semester.



**Reminder:** This service is available to assist faculty in administering extended-time and make-up exams for students ON A LIMITED BASIS.

As testing space is very limited, priority is given to students with extended time accommodations for disability status. **THEREFORE**, please offer the make-up option sparingly to students not needing disability accommodations. Make-up exams should be given to students ONLY IN CASES OF EMERGENCY OR ILLNESS. We must ask that all faculty STRICTLY adhere to this policy.

### BEGIN YOUR WRITING MASTERPIECE TODAY!

Regina Meister, Writing Coordinator, is available in the Learning Center to help students with writing and research assignments. Plan ahead and start getting help with those research papers early! Regina's hours are Monday through Thursday 10:30 a.m. – 6:00 p.m. Appointments are highly recommended.

### GET THOSE CRITICAL THINKING MUSCLES PUMPING!

Tim Schoettle, Analytical Skills Faculty Tutor, is available in the Learning Center to assist students with analytical skills and critical thinking assignments. Tim's hours for spring semester are Monday 10:00 a.m. – 3:30 p.m. and Tuesday 1 p.m.— 6 p.m. Appointments are available.

### START HERE AND FINISH FIRST!

Get the right start on this semester and sign-up for our Spring Super Saturday TODAY, outside the Chalon Learning Center (H207).

Workshop Series:

- SPEAK UP AND BE HEARD
- CRYSTAL CLEAR WRITING
- IT STARTS AND ENDS WITH YOU

Saturday, January 31

9:00 a.m. to 12:30 p.m.

Check in at the Chalon Learning Center (H207)

Morning Refreshments and Afternoon Raffle Drawing



### WANT TO BE AN ISAE ROLE MODEL?

If you are an active ISAE participant who will have junior or senior class standing by Fall 2004, we encourage you to apply for the ISAE PEER ADVISOR PROGRAM this Spring. Recruitment will start in March 2004.

In addition to submitting your resume with your application, you will be required to attach an official copy of your LEADERSHIP TRANSCRIPT that will reflect all your leadership development and experiences.

For more information on how to get your Leadership Transcript started, if you have not already done so, please contact the Women's Leadership Program at (310) 954-4350 today.



# Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to [cnews@msmc.la.edu](mailto:cnews@msmc.la.edu).

Volume 10, Number 17

January 23, 2004

## Calendar of Events

### Mass

Sunday, 1/25 7:00 p.m. Mary Chapel

### Greek Fair

Monday, 1/26 12:00—2:00 p.m. LT Foyer

### The OC—filming

Monday & Tuesday, 1/26 & 1/27

### Senior Portraits

Mon-Thur, 1/26-1/29 by appointment Little Theater

### Underclass Pictures

Wednesday, 1/28 1:00-4:00 p.m. Little Theater

## Are you applying for a CAL GRANT????



**CAL GRANT VERIFICATION FORMS** are available in the Student Financing Office.

Pick one up and turn it into the Registrar's Office no later than

**Friday 02/13/04.**

## Fitness Center ♦ (310) 954-4345

Did you make a New Year's Resolution? It's not too late. **Smartbodies** is back!

Do you want to learn how to

⇒ swim?

⇒ use the Elliptical machine?

⇒ use the Exercise Ball?

You name it—we can teach you!

Come on by the Chalon Fitness Center and sign up for your first free appointment of 2004.

Appointments begin Tuesday, January 27th .

## Registrar's Office

(310) 954-4020

Archives  
MSMC

\* \* \* \* \*



As of January 21, 2004, hand delivered transcripts will no longer be accepted.

All transcripts must be sent directly from the outside institution to MSMC.

\* \* \* \* \*

The last day to ADD/DROP & declare an AUDIT is Wednesday February 4, 2004.

\* \* \* \* \*

Wednesday, February 11, 2004 is the deadline to submit a

*GRADUATION APPLICATION*

for those anticipating to graduate  
*Summer 2004 or Fall 2004.*



## ACADEMIC ADVISEMENT

(310) 954-4070

Starting next week on Monday, January 26th, Academic Advisement will be open until 6:00 p.m. on Mondays and Wednesdays only.

## Want To Help First-Year Students?

Student Affairs will be accepting applications for Teaching Assistants to help with SPR 85 (Fall 2004). The application will require a Leadership Transcript. Please contact Women's Leadership to get started on your transcript. Stay tuned for more application information!



## Title V Program

### Welcome Back Luncheon



The Title V Program will be hosting a Welcome Back Luncheon for all Title V students, peer mentors, academic guides, faculty advisors and program staff on Thursday, January 29. The event will be held in the Donohue Center from 1:00 p.m. – 2:30 p.m. Stop by and enjoy free pizza, drinks and good company!

If you have any questions regarding the event you may contact David Cons at ext. 2692.

~ ~ ~ ~ ~

### New Title V Tutor

Farihan Helou will be the academic guide for Title V students. She will be contacting you to set up an appointment and let you know about some of our exciting new events. She is in the Title V office in Brady patio on Tuesdays and Thursdays from 10 a.m. to 6 p.m.

## Yearbook Pictures

★Senior Portraits and Underclass pictures★



### Senior Portraits

January 26-29th in the Little Theater, Chalon and

February 10-12 in the Fritz Burns Center, Doheny

Sign-up online at [www.artistryfoto.com](http://www.artistryfoto.com)

### Underclass Pictures

January 28th in Little Theater, Chalon  
No sign-ups required, walk-in from 1-4 p.m.  
\$5.00 required

For more info, visit Career Planning in H401

Student Activities &  
Commuter Services  
(310) 954-4120

## CLUBS AND ORGANIZATIONS!

Do you want to make some money?

ASB is having its annual

Fashion Show on

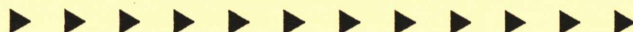
Thursday,

February 12, 2004

and we want **YOU** to model for it!

\*For more information, or to sign up, come by the Student Activities and Commuter Services office (1st Floor Humanities) or contact Evelin Limana, Dance/Formal Chair, at (310) 954-4502.

Hope to see you all there!



**STUDENTS: PLEASE STOP BY THE STUDENT  
ACTIVITIES AND COMMUTER SERVICES  
OFFICE TO PICK UP YOUR SPRING  
SEMESTER 2004 STICKER.**

**YOU NEED THIS STICKER TO SHOW YOUR  
STATUS AS A CURRENT STUDENT AT MSMC.**



## GREEK WEEK 2004

### DISCOVER THE GREEKS

Greek Fair

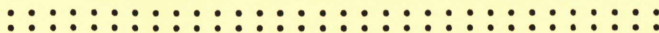
Monday, January 26

12 noon - 2 p.m.

Little Theater Foyer

Represented: **Kappa Delta Chi, Phi Alpha Delta,  
Theta Alpha Sigma**

Are you interested in joining a Greek organization? Come and discover the Greeks!



### **WANT A FREE LUNCH AND \$5 CASH???**

Register to be a carpool team and receive up to one deli coupon and \$5 cash each week. Sign up by Friday, January 30 to receive a \$20 parking rebate.

Interested? Stop by SACS (1st floor Humanities)

The Carpool Program begins Monday,  
February 2.





## Important Financial Aid Information!!

**It's time to apply for Financial Aid for 2004-2005.**



**As a reminder, you must apply for financial aid every year. In order to apply for financial aid you must:**

- **Complete the Free Application for Federal Student Aid (FAFSA)**
- **Complete the Aid Request Form, previously sent by our office**
- **If you are not already receiving a Cal Grant, we strongly urge you to complete a Grade Point Average Verification Worksheet with the Registrar's Office**
- **Above all, do NOT assume that you are ineligible for financial aid. Apply—it's free!**

**To better serve you, the Office of Student Financing has set up workshops to assist you with the financial aid process. Please come with your questions and concerns. The dates are as follows for each campus from 1:00 - 2:00 p.m.:**

### **Locations**

**Chalon- Lecture Hall, Feb. 10**  
**Doheny- Donohue Center, Feb. 12**  
**Chalon- Lecture Hall, Feb. 17**  
**Doheny- Donohue Center, Feb. 19**  
**Chalon- Lecture Hall, Mar. 2**  
**Doheny- Donohue Center, Mar. 4**  
**Chalon- Lecture Hall, Mar. 23**  
**Doheny- Room 106, Bldg. 4, Mar. 25**

**There are limited funds available, so please apply before March 2, 2004.**

## Women's Leadership

(310) 954-4350



### **Leadership Passport**

Women's Leadership is providing a pathway for students who are interested in maximizing their potential as leaders with a series of interactive workshops that will focus on leadership skills that can help you develop both as an individual and as an active member of a student organization.

• **True Colors: Exploring Personal and Leadership Style**  
Tuesday, February 3rd, 1:00 pm - Humanities Rm 202  
Thursday, February 5th, 5:00 pm - Humanities Rm 202

• **Leaders Wanted: Seeking Out Leadership Opportunities on Campus**  
Tuesday, February 10th, 1:00 pm - Humanities Rm 202  
Thursday, February 19th, 1:00 pm - Humanities Rm 202

### **Want to Make Some Cash?**

Women's Leadership is hosting a Leadership Conference for 350 students on Saturday, March 20 and we need students to facilitate workshops on leadership topics. Facilitators will be paid stipends and trained!

If you are interested, join us on Saturday, February 21st in Hannon Parlor for Facilitator Training. You must RSVP by e-mailing us at [leadership@msmc.la.edu](mailto:leadership@msmc.la.edu). You will learn various tools and methods to effectively manage large groups and train others, from designing meetings to understanding group dynamics.

### **PLEN (Public Leadership Education Network)**

On behalf of Women's Leadership and the Junior League of Los Angeles, it is with great pleasure that we announce the scholarship recipients for our deserving Mount students to attend the Women & Congress Seminar in Washington, D.C. during spring break. The Junior League of Los Angeles is an organization of women committed to promoting volunteerism, developing the potential of women, and to improving the community through the effective action and leadership of trained volunteers. The Junior League is proud to partner with Mount St. Mary's and provide the following students with the scholarship:

**Vikki M. Gonzalez**  
**Jenny Kane**  
**Stephanie Leiva**  
**Catrisa Lightfoot**  
**Karina Lopez**



**Submit your activities, events or announcements to the Chalon Student News and keep the campus informed! [cnews@msmc.la.edu](mailto:cnews@msmc.la.edu)**



## Attention Sophomores, Juniors, and Seniors

Student Affairs would like to inform you that the Navy Recruiting District of Los Angeles has requested a list of student names and addresses for all sophomores, juniors, and seniors at Mount St. Mary's College. They intend to use this information to send you recruitment materials. The Solomon Amendment requires colleges and universities that receive federal funding (such as funding for the work-study program) to provide military recruiting agencies with the information they request. While the institutional policy of MSMC is not to disclose student information to outside parties, we must comply with the terms of the Solomon Amendment. We will be preparing mailing labels in the next couple of weeks for the Navy Recruiting District.

Students can prevent their information from being released to recruiting agencies by being removed from the student directory. Please stop by the Registrar's Office as soon as possible and fill out a Directory Information Hold Request form if you would like to have your name and address removed.

## RANDOM FACTS



*As a whole, Americans catch close to a billion colds a year. That's up to six colds per person per year.*

## ACADEMIC POLICY COMMITTEE REPORT

The Academic Policy Committee want to be sure that you are aware of the following policies:

1. Effective Fall 2003, all courses being used to fulfill General Studies requirements must be passed with a grade of C- or better. Courses passed with a grade of D can still count as elective units toward the total units required for graduation.
2. Please check the 2003-2004 catalog supplement to find the new time limits for degree completion.
3. Effective Fall 2003, algebra and calculus math placement exam scores will be valid for two years only. If students do not take a math course to fulfill their general studies math requirement within two years, they will have to retake the math placement examination.
4. Effective Spring 2004, the MSMC Registrar's Office will only accept transcripts that have been mailed directly to MSMC from another institution. Transcripts that are hand-delivered or mailed by the student to MSMC will not be accepted as "official" and can only be used for purposes of "unofficial evaluation" by Admissions and Academic Advisement offices.
5. Effective Spring 2004, the following notations will appear on MSMC Transcripts when appropriate: "Academic Probation," "Academic Dismissal," "Dismissal for Cause," and "Dean's List".

## ~ ~ ~ ~ Students ~ ~ ~ ~

**If you are interested in working on an Honors Thesis this semester please contact me as soon as possible. If you start this semester you can finish in the Fall.**



**Michele Dumont  
Honors Program Director  
(310) 954-4181**



# Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to [cnews@msmc.la.edu](mailto:cnews@msmc.la.edu).

Volume 10, Number 18

January 30, 2004

## Calendar of Events

### Yearbook Photos

Friday, January 30 9:00 a.m.-2:00 p.m. Little Theater

### RA Information Session

Friday, January 30 1:30 p.m.-2:00 p.m. Brady 1st Lounge

### Phi Alpha Delta Food Sale

Sat. & Sun., Jan. 31 & Feb. 1 11:00 a.m.-1:00 p.m. Circle

### Mass

Sunday, February 1 7:00 p.m. Mary Chapel

### Sociology & Gerontology Meeting

Sunday, February 1 12:00 noon-1:00 p.m. Campus Center

### Monday Concert

Monday, February 2 11:00 a.m.-1:00 p.m. Little Theater

### Kappa Movie Night

Monday, February 2 9:15 p.m.-11:15 p.m. Little Theater

### Noon Prayer Service

Wednesday, February 4 12:00 noon Mary Chapel

### Kappa Tea

Wednesday, February 4 7:15 p.m.-9:15 p.m. Hannon Parlor

### Women for Community Medicine—Lollipop Sale

Thurs. & Fri., Feb. 5 & 6 9:00 a.m.-2:00 p.m. WC Patio

## It's time to apply for Financial Aid for 2004-2005!

As a reminder, you must apply for financial aid every year. In order to apply for financial aid you must:

- Complete the Free Application for Federal Student Aid (FAFSA)
- Complete the Aid Request Form, previously sent by our office
- If you are not already receiving a Cal Grant, we strongly urge you to complete a Grade Point Average Verification Worksheet with the Registrar's Office
- Above all, do NOT assume that you are ineligible for financial aid. Apply—it's free!

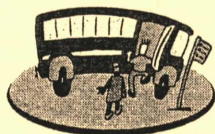
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Chalon- Lecture Hall, Mar. 23  
Doheny- Room 106, Bldg. 4, Mar. 25

There are limited funds available, so please apply before March 2, 2004.

## Campus Shuttle Service Reminder



**Shuttle Service is strictly for  
Mount St. Mary's College  
CURRENT  
Students, Faculty and Staff.  
-Facilities Management**



If you are interested in attending law school,  
check out this event!

~~~~~  
The West Coast Consortium of Private Law Schools
invites you to attend a

Law School Admissions Fair

Saturday, January 31, 2004

9 a.m. - 1 p.m.

FREE ADMITTANCE & PARKING!

RSVP to Southwestern Admissions Office
at 213-738-6717 or admissions@swlaw.edu

Don't miss your chance to meet admissions
representatives from these law schools:

- California Western School of Law
- Golden Gate University School of Law
- Gonzaga University School of Law
- McGeorge School of Law
- Northwestern School of Law of Lewis & Clark
- Pepperdine University School of Law
- Santa Clara University School of Law
- Seattle University School of Law
- Southwestern University School of Law
- University of San Diego School of Law
- University of San Francisco School of Law
- Whittier Law School
- Willamette University College of Law

For directions to Southwestern visit:
www.swlaw.edu/campus

RESIDENCE LIFE

(310) 954-4325 / (213) 477-2661

Applications for the Resident Assistant
positions (RA) for 2004-2005 are available at the
Residence Life Office and the **Student Affairs
Office** at *Chalon* and *Doheny*. All undergraduate
students are welcome to apply.

Positions available: 8 at Doheny, 12 at Chalon,
2 at the University of Judaism

Compensation: Full Room and Board

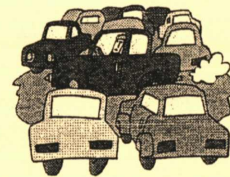
**Applications are due no later than Friday,
Feb. 13 by 4:30 p.m. to the Residence Life
Office at either campus.**

**Announcements will be made on
Friday, March 12.**

SAFETY REMINDER

Faculty, staff, students and visitors are
reminded to:

- (1) prominently display valid parking permit
- (2) park vehicle between lines
utilizing only one space
- (3) lock vehicles and keep
valuables out of sight



ACADEMIC POLICY COMMITTEE REPORT

The Academic Policy Committee wants to be sure
that you are aware of the following policies:

1. Effective Fall 2003, all courses being used to
fulfill General Studies requirements must be passed
with a grade of C- or better. Courses passed with a
grade of D can still count as elective units toward the
total units required for graduation.
2. Please check the 2003-2004 catalog supplement to
find the new time limits for degree completion.
3. Effective Fall 2003, algebra and calculus math
placement exam scores will be valid for two years
only. If students do not take a math course to fulfill
their general studies math requirement within two
years, they will have to retake the math placement
examination.
4. Effective Spring 2004, the MSMC Registrar's
Office will only accept transcripts that have been
mailed directly to MSMC from another institution.
Transcripts that are hand-delivered or mailed by the
student to MSMC will not be accepted as "official"
and can only be used for purposes of "unofficial
evaluation" by Admissions and Academic
Advisement offices.
5. Effective Spring 2004, the following notations
will appear on MSMC Transcripts when appropriate:
"Academic Probation," "Academic Dismissal,"
"Dismissal for Cause," and "Dean's List."

Women's Leadership

(310) 954-4350



Leadership Passport

Women's Leadership is providing a pathway for students who are interested in maximizing their potential as leaders with a series of interactive workshops that will focus on leadership skills that can help you develop both as an individual and as an active member of a student organization.

•True Colors: Exploring Personal and Leadership Style

Tuesday, February 3rd, 1:00 pm - Humanities Rm 202

Thursday, February 5th, 5:00 pm - Humanities Rm 202



•Leaders Wanted: Seeking Out Leadership Opportunities on Campus

Tuesday, February 10th, 1:00 pm - Humanities Rm 202

Thursday, February 19th, 1:00 pm - Humanities Rm 202

Want to Make Some Cash?

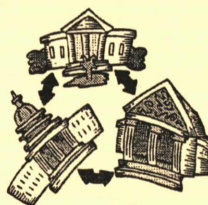
Women's Leadership is hosting a Leadership Conference for 350 students on Saturday, March 20 and we need students to facilitate workshops on leadership topics. Facilitators will be paid stipends and trained!

If you are interested, join us on Saturday, February 21st in Hannon Parlor for Facilitator Training. You must RSVP by e-mailing us at leadership@msmc.la.edu. You will learn various tools and methods to effectively manage large groups and train others, from designing meetings to understanding group dynamics.

PLEN (Public Leadership Education Network)

On behalf of Women's Leadership and the Junior League of Los Angeles, it is with great pleasure that we announce the scholarship recipients for our deserving Mount students to attend the Women & Congress Seminar in Washington, D.C. during spring break. The Junior League of Los Angeles is an organization of women committed to promoting volunteerism, developing the potential of women, and to improving the community through the effective action and leadership of trained volunteers. The Junior League is proud to partner with Mount St. Mary's and provide the following students with the scholarship:

Vikki M. Gonzalez
Jenny Kane
Stephanie Leiva
Catrissa Lightfoot
Karina Lopez



Leadership Transcript

If you don't have a Leadership Transcript yet, you need one! The Leadership Transcript is an online document that can document your leadership involvement. It can be used to complement your academic transcript and work experience résumé. If you are interested, you must attend an information session or visit us in Women's Leadership!

Career Planning Center

(310) 954-4070

Teacher Fairs for Spring 2004:

■ Oxnard Union High School District
Teacher Recruitment Fair
on March 13 at Pacifica High School in
Oxnard. Complete information and
application online at
www.ouhsd.k12.ca.us.

■ Southern California Teacher
Recruitment Fair on March 27 at the
Sequoia Conference Center in Buena
Park. Presented by the California
Association for Employment in
Education. \$10 admission fee. For more
information and registration visit
www.caeelink.org.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Math, business or other majors with an interest in using math skills on the job—a career as an actuary might be for you. The Career Center has more information about this career option in a short video. Also, the Society of Actuaries is sponsoring a scholarship for minority students who are interested in a career in this field. Visit the Career Center for more information.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Are you graduating in May? Are you prepared to conduct a job search? Visit the Career Center now to have your resume reviewed, your cover letter critiqued and learn how to start a job search.

Are you applying for a
CAL GRANT????



CAL GRANT VERIFICATION
FORMS are available in the
Student Financing Office.
Pick one up and turn it into the
Registrar's Office no later than
Friday, 02/13/04.

**Submit your activities, events or announcements to the
Chalon Student News and keep the campus informed!**

cnews@msmc.la.edu

**MOUNT ST. MARY'S COLLEGE
SPRING 2004 REFUND TABLES**

Undergraduate, BSN, HOPE, Graduate and DPT Tuition Refund Schedule

PROGRAM START DATE: 1/21/04
PROGRAM END DATE: 5/13/04
TOTAL PROGRAM DAYS 114

ENROLLMENT PERIODS:	% of Enrollment	ADD/DROP DATE		% OF REFUND
		FROM	TO	
1ST DAY OF CLASS		01/21/04	01/21/04	100%
% OF ENROLLMENT	10%	01/22/04	01/31/04	90%
% OF ENROLLMENT	25%	02/01/04	02/17/04	50%
% OF ENROLLMENT	50%	02/18/04	03/17/04	25%
		03/18/04		0%

Weekend College Tuition Refund Schedule

PROGRAM START DATE: 1/17/04
PROGRAM END DATE: 4/25/04
TOTAL PROGRAM DAYS 100

ENROLLMENT PERIODS:	% of Enrollment	ADD/DROP DATE		% OF REFUND
		FROM	TO	
1ST DAY OF CLASS		01/17/04	01/17/04	100%
% OF ENROLLMENT	10%	01/18/04	01/26/04	90%
% OF ENROLLMENT	25%	01/27/04	02/10/04	50%
% OF ENROLLMENT	50%	02/11/04	03/06/04	25%
		03/07/04		0%

Weekend College Graduate Education Tuition Refund Schedule

PROGRAM START DATE: 1/24/04
PROGRAM END DATE: 4/25/04
TOTAL PROGRAM DAYS 93

ENROLLMENT PERIODS:	% of Enrollment	ADD/DROP DATE		% OF REFUND
		FROM	TO	
1ST DAY OF CLASS		01/24/04	01/24/04	100%
% OF ENROLLMENT	10%	01/25/04	02/01/04	90%
% OF ENROLLMENT	25%	02/02/04	02/15/04	50%
% OF ENROLLMENT	50%	02/16/04	03/10/04	25%
		03/11/04		0%

Room Refund Schedule

START DATE: 1/21/04
END DATE: 5/13/04
TOTAL OCCUPANCY DAYS 114

OCCUPANCY PERIODS:	% of Enrollment	TERMINATION DATE		% OF REFUND
		FROM	TO	
1ST DAY IN		01/21/04	01/21/04	100%
% OF ENROLLMENT	10%	01/22/04	01/31/04	90%
% OF ENROLLMENT	25%	02/01/04	02/17/04	50%
% OF ENROLLMENT	50%	02/18/04	03/17/04	25%
		03/18/04		0%

Prepared by the Business Office (Chalon - 310/954-4040 Doheny-213/477-2540)
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Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 19

February 6, 2004

Calendar of Events

Women for Community Medicine— Lollipop Sale

Fri.— Mon., Feb. 6-9 9:00 a.m.-2:00 p.m. WC Patio

Mass

Sunday, February 8 7:00 p.m. Mary Chapel

Monday Concert

Monday, February 9 11:00 a.m.-1:00 p.m. Little Theater

Phi Alpha Delta— Information Night

Monday, February 9 9:00 p.m.-11:00 p.m. H 405B

Holden Band Performance

Tuesday, February 10 11:30 a.m.-2:00 p.m. Circle

Phi Alpha Delta Commuter Information Session

Tuesday, February 10 1:00 p.m.-2:00 p.m. H 405B

Latinas Unidas Meeting

Tuesday, February 10 9:00 p.m.-11:00 p.m. Little Theater

Pi Theta Mu— Sweets for your Sweet

Wed. & Thurs., Feb 11 & 12 9:00 a.m.-2:00 p.m. WC Patio

Hawaiian Club— Gummi Bear Sale

Wednesday, February 11 10:30 a.m.— 2:30 p.m. LT Foyer

Noon Prayer Service

Wednesday, February 11 Noon Mary Chapel

Phi Alpha Delta— Double Jeopardy

Wed, February 11 9:00 p.m.— 11:00 p.m. Hannon Parlor

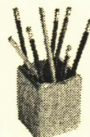
NRHH— Where's love?

Thursday, February 12 7:00 a.m.-5:00 p.m. Circle

Fashion Show

Thursday, February 12 9:00 p.m.-10:00 p.m. Little Theater

Work – Study Positions Available for the 2004 Spring Semester



If you have not found a job for the Spring Semester, need a change of pace, or are looking for more hours in a second Department, there are Departments on campus that are looking for Student Employees who were awarded Work-Study as part of their Financial Aid package. Stop by or call the Student Employment Office for information regarding the positions and for a job referral, (310) 954-4196.

Chalon

Humanities 320

Monday, Wednesday, & Thursday
8:00 a.m. – 5:00 p.m.

Doheny

Office of Student Financing, Building 10
Tuesday, 9:00 a.m. – 6:00 p.m.
Friday, 8:00 a.m. – 4:00 p.m.

Help Save Lives. . . by donating blood!

Wednesday, February 18, 2004

10:00 a.m.—3:00 p.m.

Campus Center

Call ext. 4120 to sign up!

Sponsored by ASB



HULA TIME!

Fitness Education & the Center for Cultural Fluency are pleased to welcome **Lindsey Kudo** as our instructor for an exciting master class on Hula. Don't miss the exciting evening of celebration and learning!

- Wednesday, February 18th from 7:00 - 8:30 p.m. in the Fritz Burns Conference Room on the Doheny campus.
- Sign up @ the Doheny Fitness Center or call x 2673 for more information. Space is limited.



ASB invites you to

Make a Wish Upon a Star

At the Spring Formal
Friday, February 27, 2004
Aboard the Grand Romance in
Long Beach, CA
7:00 p.m.—12:00 midnight
Boat leaves at 8:30 p.m.



Tickets are on sale now for \$36 each in the Student Activities Office!

What's going on with Campus Ministry? (Week of February 9)

Get ready to vote! (Yes, again!) March 2 is a voting day for Californians! You can vote your preference for the various parties' candidates for president and senator, as well as the governor's proposals for covering California's budget debt. To vote in this important election, you need to register by February 17!



Register to vote at a table in the foyer, at Sunday Mass or in the Campus Ministry office. We have information to help guide you through the election process and the March 2 choices in the Easy Voter Guide. Make your voice heard, and be an informed citizen!

Sunday Mass: Don't Miss It! Mass is every Sunday at 7 p.m. in Mary Chapel. Come at 5:45 pm if you want to sing in the choir. And stay after Mass for some milk & cookies and conversation! *Everyone is welcome – Catholic or non-Catholic, friends and family.*



Feeding the Homeless takes place every Sunday night, and everyone is welcome to get involved. It includes Meal Preparation at 5:30-6:30 in Campus Center. The food and those who will distribute it are then blessed at our 7 pm Sunday Mass. Distribution of the food begins after Mass. At 8:15, people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. (This program runs strictly on a volunteer basis and we would love your assistance.) *Also, please make donations for this project at Campus Ministry Office.* Interested? Call Nercy in Campus Ministry @ 4125 – or just show up on Sunday!

The Religious Education Congress is taking place February 20 – 22 at the Anaheim Convention Center, right across the street from Disneyland.. This conference is the largest annual gathering of Catholics in the world (about 30,000), and is full of great workshops, concerts, dances, liturgies and fun. Many events are specifically geared for young adults like you – including a Saturday evening Young Adult Mass, which Gaile Krause is coordinating, and where Laura Gomez is the music director. If you are interested or have questions stop by the Campus Ministry office. We have registration booklets and answers!

Fitness Education Presents . . .

The 5th Annual Mount Cup Saturday, February 21

Who qualifies?

- ⇒ All organizations
 - ⇒ Anyone who will form a team
- Register your team at the Chalon Fitness Center by Wednesday, February 11.
For more Information, contact Maureen at (310) 954-4347



FREE CONCERT!



Come to a FREE concert on
Tuesday, February 10
1:00 to 2:00 p.m. in the Circle.

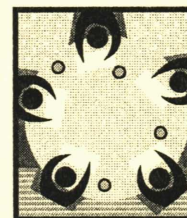
Starring

Brightlife and Holden

(Sponsored by SACS)

Sophomore Meeting

Monday, February 9
7:30—8:30 p.m.
Brady 1st Lounge
Sponsored by ASB



Not sure what to wear to the
Spring Formal?

Come to the
Fashion Show

Thursday, February 12, 2004
9:00—10:00 p.m. in the Little Theater
Admission is only \$1!
Sponsored by ASB

SAFETY REMINDER

Faculty, staff, students and visitors are reminded to:

- (1) prominently display valid parking permit
- (2) park vehicle between lines utilizing only one space
- (3) lock vehicle and keep valuables out of sight





We want YOU! O-Leaders!

Orientation Leader applications are now available in the Student Activities and Commuter Services office—H110! Apply now!

Office of Student Financing (310) 954-4190

You can avoid the following penalties by completing your 04-05 FAFSA by March 2 and submitting ALL required documents to the Office of Student Financing, no later than April 30!

Penalties after March 2 & April 30!

5% REDUCTION in Mount Award for students who file a FAFSA after March 2

FILE COMPLETE DATE	PENALTIES
Files completed by April 30	NO Penalties
May 1 – June 15	\$1000 Reduction in Mount Award \$500 reduction in student employment
June 16 – July 31	\$2000 Reduction in Mount Award \$1000 reduction in student employment
Files completed on or after August 1	No Mount Award No Student employment Federal & State aid only

What does file complete date mean?

File complete date refers to your financial aid file. ALL required documents must be submitted to the Student Financing Office **no later than April 30**. Documents may include: Aid Request Form, 2003 Signed Federal Taxes (student and/or parent or spouse), 2003 W-2 Forms, Tax schedules (e.g. "C" or "D"), citizenship verification, etc.

How do I check the status of my file?

You may contact the Student Financing office at the Chalon or Doheny Campus any time during office hours.



Residence Life (310) 954-4325

Commuters, Live on Campus now!

Rooms are available at both the Chalon and Doheny campuses. If you are interested in living on campus and saving yourself hours of commute time, please contact the Residence Life Office at Chalon (310) 954-4325 or Doheny (213) 477-2661.

- * Space is limited
- * First come first serve
- Chalon (single with half bath, large double, small double and triple)
- Doheny (large double, triple and quad)

Room Rates for Spring 2004 (Your bill will be prorated based upon your move in date)

Quad Room\$3,396.00
Triple Room.....\$3,646.50
Large Double...\$4,112.00
Single Room with Half Bath....\$4,578.50

- * See Financial Aid for package overview



SUMMER HOUSING NEWS

Summer Housing this year will be offered at our beautiful Doheny campus in Building 8 ½. Applications and room rates will be available at both the Chalon and Doheny Residence Life Offices beginning Wednesday, March 24, 2004.

- * Space is limited—first come, first served basis.
- Shuttles will be available to and from Chalon and Doheny in the morning, mid-day and afternoon for your convenience.
- Summer Housing Information will post in mid March.

Are you considering changing your major?...adding a minor?...adding a double major? Please visit the Advisement/Career Center for information on majors at the Mount. We also encourage you to speak to faculty members in majors and minors that you are interested in adding.

Interested in Studying Away or Abroad next semester?

To be eligible to study away/abroad next semester, you must be a junior or senior, and have at least a cumulative 3.0 GPA (sorry, no exceptions will be made to this requirement). If you are eligible and would like more information, please plan to attend our information session on Tuesday, February 17, 1-2 pm in H303.

If you have any questions, please stop by the Academic Advisement Center (H401). You can also send questions to our email address at Advisement@msmc.la.edu.

Have a successful Spring 2004 semester!

**SUBMIT YOUR ACTIVITIES, EVENTS OR ANNOUNCEMENTS TO THE
CHALON STUDENT NEWS AND KEEP THE CAMPUS INFORMED!
CNEWS@MSMC.LA.EDU**

LEARNING ASSISTANCE PROGRAMS/ISAE, H207

Get Back on Track with Time Management...it's fun to stay the course!

Let's be blunt. Demands are relentless and if we're not careful, they can derail our semester. **Get back on track with Time Management this spring.** Attend this workshop for fun ideas and additional strategies that build on last semester's workshop. Sign-up outside the Learning Center at H207, or call Daniel at x4142.

LAP welcomes Sr. Mary Francis Rebel!

Mount Alumnae, Sr. Mary Francis Rebel '52, a graduate of MSMC's first nursing class, will be helping to provide **academic support and tutoring** in **BASIC MATH** (including Nursing Math Exam preparation) and **WRITING** in the Chalon Learning Center. Sr. Mary Francis will be available for walk-in assistance on Monday, Thursday and Friday, from 9 am to 12 noon this semester. Please stop by to welcome her and to utilize this wonderful service.

GET THOSE CRITICAL THINKING MUSCLES PUMPING!

Tim Schoettle, Analytical Skills Faculty Tutor, is available in the Learning Center to assist students with analytical skills and critical thinking assignments. Tim's hours for spring semester are Monday 10:00 a.m. – 3:30 p.m. and Tuesday 1 p.m. – 6 p.m. Appointments are available.

DISABILITY SERVICES

If you are a student with a documented disability and require classroom accommodations, please see Michele Lewis in the Learning Center as soon as possible to make arrangements for Spring semester.

CELEBRATE THE YEAR OF THE MONKEY WITH ISAE!

ISAE Students – sign up today for the ISAE Spring Fling – A Chinese New Year Celebration! The event will be held at the Doheny Campus' Donohue Center on Friday, February 20 from 5:30pm-8:30pm. **Bring your \$5 refundable deposit and sign-up in the ISAE Office. Those who attend the Spring Fling will have priority to sign up early for the opera *La Bohème*** which ISAE will be attending on March 5th. Be sure to bring an additional \$10 for the *La Bohème* deposit!. Shuttle for the Spring Fling will leave Chalon Circle @ 4:30pm! Don't miss out on **great Chinese food, favors, door prizes**, great company and a great time!

THE BUTTERFLY IS COMING SOON! ~ MADAME BUTTERFLY THAT IS!

Join ISAE for a night at the Opera on Friday, February 27th, 2004. ISAE students... sign-ups begin Monday, February 9th @ 9am. More info to follow!

YOU GO ISAE PA TEAM!

Kudos to 5 members of our PA Team who presented a workshop titled *Embark on your LeaderSHIP* at the Annual WESTOP Student Leadership Conference, which took place at CSULA on February 7th. Over 600 So Cal TRIO participants attended the conference.

Presenters included:

Donna Alejandro, Chalon PA

Jessica Diaz, Chalon PA

Monica Hernandez, Doheny PA

Fallon Perdue, Chalon PA

Mayra Rodriguez, Doheny PA

WANT TO BE AN ISAE ROLE MODEL?

If you are an active ISAE participant who will have junior or senior class standing by Fall 2004, we encourage you to apply to be an ISAE PEER ADVISOR. *Recruitment will start in March 2004.* All applicants will be required to submit a completed application packet including a current resume and an MSMC LEADERSHIP TRANSCRIPT. Please contact the Women's Leadership Office at (310) 954-4350 for information on how to get your Leadership Transcript started!

Writing a Thesis Statement

Did you know that the thesis statement determines the success of most essays and research papers? How do you come up with a good, specific thesis statement for your paper? Come to this lively, interactive workshop and learn! Thursday, February 12, 4:00 p.m. in H-202. Sign up at the Learning Center, H-207.

MOUNT ST. MARY'S COLLEGE

Presents

The 2nd Annual Human Rights Film Festival
Co- Sponsored by Human Rights Watch &
Sociology 6

SEÑORITA EXTRAVIADA, MISSING YOUNG WOMAN

Señorita Extraviada, Missing Young Woman tells the story of the over 200 kidnapped, raped and murdered young women of Juárez, Mexico. The murders first came to light in 1993 and young women continue to "disappear" to this day without any hope of bringing the perpetrators to justice. Who are these women from all walks of life and why are they getting murdered so brutally?

**WEDNESDAY, FEBRUARY 11 AT 7 P.M.
LECTURE HALL- DOHENY CAMPUS**

FREE ADMISSION

Bring friends and family!

February is Black History Month

The History of Black History

Dr. Carter G. Woodson was the leading figure in raising awareness of the significant contributions of African Americans throughout history. Early in the 20th century, Dr. Woodson focused his efforts on writing black Americans into history books. Until this time, blacks were either excluded completely from U.S. history books, or portrayed only in negative ways. In 1926, Dr. Woodson established the second week of February as Black History Week to raise awareness of the previous exclusion of blacks from written history and of his mission to give black Americans the place in history that they deserve. Later, Black History Week expanded into Black History Month, as the entire month of February includes major milestones in black history.

Women's Leadership

(310) 954-4350

Leadership Passport

Women's Leadership is providing a pathway for students who are interested in maximizing their potential as leaders with a series of interactive workshops that will focus on leadership skills that can help you develop both as an individual and as an active member of a student organization.

Leaders Wanted: Seeking Out Leadership Opportunities on Campus

Tuesday February 10th, 1:00 pm – H202

Thursday February 19th, 1:00 pm – H202

Want to Make Some Cash?

Women's Leadership is hosting a Leadership Conference for 350 students on Saturday, March 20 and we need students to facilitate workshops on leadership topics. Facilitators will be paid stipends and trained!



If you are interested, join us on Saturday, February 21st in Hannon Parlor for Facilitator Training. You must RSVP by e-mailing us at leadership@msmc.la.edu. You will learn various tools and methods to effectively manage large groups and train others, from designing meetings to understanding group dynamics.

Do you want to be remembered next year?

Do you know how to draw?
If you answered "yes,"
MSMC needs you!
Submit your design
for the 2004-2005
Student Handbook by
February 27, 2004.
Applications are
available in the SACS
office!



Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 20

February 13, 2004

Calendar of Events

Coffee with Career Planning

Tuesday, February 17 8:30 a.m.-2:00 p.m. Circle

Financial Aid Workshop

Tuesday, February 17 1:00 p.m.-2:00 p.m. Lecture Hall

USC Blood Drive

Wednesday, Feb 18 8:30 a.m.-3:00 p.m. Campus Ctr

AACW- Soul Food Sale

Wednesday, February 18 11:00 a.m.-2:00 p.m. WC Patio

Poetry Lounge

Wednesday, February 18 7:00 p.m.-10:00 p.m. Art Gallery

Kappa Delta Chi- Candy/Caramel Apple Sale

Thursday, February 19 10:00 a.m.-2:00 p.m. WC Patio

Nursing Career Fair

Interested in a nursing career? Attend the Nursing Career Fair on Wednesday, Feb. 25 from 12 noon - 2 p.m. in the Campus Center at Chalon. Representatives from 25 organizations will be on-campus to discuss nursing opportunities. So stop by and learn more about nursing positions at:

- UCLA Medical Center
- St. John's Hospital
- Cedars-Sinai Medical Center
- Little Company of Mary Hospital
- Children's Hospital of Los Angeles
- Daniel Freeman Memorial Hospital

Archives
MSMC



Women-Leaders of Today

Leadership Passport

Women's Leadership is providing a pathway for students who are interested in maximizing their potential as leaders with a series of interactive workshops that will focus on leadership skills that can help you develop both as an individual and as an active member of a student organization.

Leaders Wanted: Seeking Out Leadership Opportunities on Campus

Thursday, February 19, 1:00 p.m. - Humanities Rm. 202

Maximize Your Involvement with the Leadership Transcript

Tuesday, March 2, 5:00 p.m. - Humanities Rm. 202

Thursday, March 4, 1:00 p.m. - Humanities Rm. 202

Want to Make Some Cash?

Women's Leadership is hosting a Leadership Conference for 350 students on Saturday, March 20, and we need students to facilitate workshops on leadership topics. Facilitators will be paid stipends and trained! If you are interested, join us on Saturday, February 21, in Haunon Parlor for Facilitator Training. You must RSVP by e-mailing us at leadership@msmc.la.edu. You will learn various tools and methods to effectively manage large groups and train others, from designing meetings to understanding group dynamics.

GRADUATING STUDENTS, MARK YOUR CALENDARS!



The Graduation Information Fairs are taking place on both campuses to provide you with everything you need for Commencement:

- Caps & Gowns
- Yearbook
- Sister Dolorosa Award
- Post-Graduate Jobs
- Alumnae Benefits and Merchandise
- Diploma Verification and Grad Check
- Class Ring
- Graduation Announcements
- And More!

(Don't forget to bring your checkbook or credit card.)

Wednesday, February 18

3:00 p.m.-6:00 p.m. Donohue Center, Doheny

Thursday, February 19

3:00 p.m.-6:00 p.m. Donohue Center, Doheny

Saturday, February 21

10:00 a.m.-1:00 p.m. Little Theater Foyer, Chalon

Monday, February 23

10:00 a.m.-3:00 p.m. Campus Center, Chalon

It's Time to
Get Real

Get Real Information
Get Really Satisfied with who you are

Body Fair

Tuesday, February 24, 2004
The Circle 11 a.m. - 2 p.m.

Come learn about:

- *Healthy Eating
- *Diets and Exercise for Life
- *Preventing Eating Disorders

This event is sponsored by Counseling and Psychological Services, Fitness Education, Residence Life, and ASB.

For more information about Eating Disorders and Awareness on the web, refer to
www.NationalEatingDisorders.org
Information and Referral Helpline: 800-931-2237

On campus, refer questions to Counseling and Psychological Services at ext. 4114

Reality Check:

You can't afford **NOT** to be there

TITLE V FILM FESTIVAL

The Title V Program will be hosting a Film Festival entitled **Cultivating Cine**. The festival is composed of a vast pool of rich and innovative stories that are in the short film medium. All films are written and produced by local Latina/o filmmakers, several of whom will be available for questions and comments the night of the event. In addition to the films, actress Lupe Ontiveros (**Real Women Have Curves**) will be narrating the night's program.

"Cultivating Cine"
Wednesday, February 25th
6:30 p.m. - 9:00 p.m.
Doheny Lecture Hall

Immediately following the program there will be coffee, tamales, pan dulce and agua fresca for all to enjoy! This event is free and open to everyone! So mark your calendars and make plans to attend.

A special shuttle will be available from Chalon to Doheny to provide transportation for those students interested in attending the event.

(Departing Chalon at 5:00 p.m. / Departing Doheny at 9:00 p.m.)

For further information: contact the Title V office at (213) 477-2728.



The Health Corner

Shawn Verner & Theresa Williams, Student Health Associates

Do you feel fatigued? Weak? Dizzy? If so, you may have anemia. Other symptoms include shortness of breath, rapid heartbeat, pale skin, and depression. If you are experiencing several of these symptoms see your physician or come to Health Services for an evaluation.

Anemia occurs when the number of red blood cells in your body is less than normal. When red blood cells are low, less oxygen is circulated to your tissues, resulting in decreased energy. Anemia causes the heart to work harder leading to an enlarged heart and resulting in heart failure. Anemia is caused by lack of iron in your diet, growth spurts, pregnancy, or blood loss. Treating anemia depends on you; treatments vary from diet modification to medication. Ask your doctor which treatment is best for you.

In order to prevent anemia try to eat iron rich foods or take iron supplements. Iron rich foods include liver, seafood, dried fruit, beans, green leafy vegetables, blackstrap molasses, whole grains, iron fortified breads and cereals.

Hope you maintain your health and have a great semester!

Academic Advisement
(310) 954-4070

Interested in Studying Away or Abroad next semester? To be eligible to study away/abroad next semester, you must be a junior or senior with at least a cumulative 3.0 GPA (sorry, no exceptions will be made). If you are interested please plan to attend our information session on Tuesday, February 17, 1-2 p.m. in room H303.

Spend the Fall semester in Washington, D.C.! Don't forget, this is an election year. The Dean of the Washington Semester Program at American University will visit our campus next week. If you would like to do an internship in Washington, D.C. during the historic Fall semester, please plan to attend the information session on Friday, February 20, 11:30-12:30 p.m...location TBA. Mark your calendars!

Are you considering changing your major?...adding a minor?...adding a double major? Please visit the Advisement/ Career Center for information on majors at the Mount. We also encourage you to speak to faculty members in majors and minors that you are interested in adding.

Changing Your Major but haven't submitted the paperwork yet?

Stop by the Advisement Center to pick up the necessary forms so that advisors can be made aware of any changes prior to the start of Advisement Period. Call x4070 with any questions. The deadline to submit Change of Major forms in time for Advisement Period is **Friday, March 5, 2004.**

What's going on with Campus Ministry?

Get ready to vote! (Yes, again!) March 2 is a voting day for Californians! You can vote your preference for the various parties' candidates for president and senator, as well as the governor's proposals for covering California's budget debt. To vote in this important election, you need to register by February 17!

Register to vote at a table in the foyer, at Sunday Mass or in the Campus Ministry office. Make your voice heard, and be an informed citizen!

As you know, *Sunday Mass is usually celebrated at the Chalon campus at 7 pm.....However, there are two exceptions coming up:*

Because of the three day weekend, **Mass will not be celebrated** on campus this **Sunday, February 15.**

If you will be on campus and need a recommendation for Mass, call Campus Ministry and let us know!

On Sunday, February 22, Mass will be at 8 p.m. (one time only!)

The entire Campus Ministry team, our priest, and our music ministers will all be at the Religious Education Congress in Anaheim throughout the weekend. They would not be able to return in time to prepare for a 7 pm Mass, but are sure to be ready for one at 8 pm! Please note the date and time on your calendar - and we hope to see you at the 8 pm Mass on February 22.

Feeding the Homeless takes place every Sunday night, and everyone is welcome to get involved. It includes Meal Preparation at 5:30-6:30 in Campus Center. The food and those who will distribute it are then blessed at our 7 pm Sunday Mass. Distribution of the food begins after Mass. At 8:15, people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. This program runs strictly on a volunteer basis and we would love your assistance. *If you are able, please make donations for this project at Campus Ministry Office.* Interested? Call Nercy in Campus Ministry @ 4125 - or just show up on Sunday!

The Religious Education Congress is taking place February 20 - 22 at the Anaheim Convention Center, right across the street from Disneyland.. This conference is the largest annual gathering of Catholics in the world (about 30,000), and is full of great workshops, concerts, dances, liturgies and fun. Many events are specifically geared for young adults like you - including a Saturday evening Young Adult Mass, which Gaile Krause is coordinating, and where Laura Gomez is the music director. If you are interested or have questions stop by the Campus Ministry office. We have registration booklets and answers!

Mardi Gras is coming! Come and listen to the sounds of our Mardi Gras band on Tuesday February 24 from 1 pm to 2 pm in the circle!

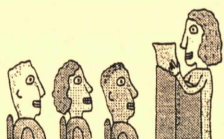
Ash Wednesday is February 25. There will be prayer services with distribution of ashes at 7:30 am and 7:30 pm. There will also be distribution of ashes at a 12 noon Mass. All services will be in Mary Chapel.



It's time to find the
Senior Commencement Speaker!

So come to the Grad Fair *or*
to the SACS Office
to pick up a nomination
packet!

Nominations are due March 8!



**Grandparents Pay for tuition?
Want to appear in a Newspaper?!**



A reporter with the Washington Post Style section wants to interview a student whose grandparents are helping to finance her education at the Mount. The Communications and Marketing Department is hoping to find a student who is willing to talk to the newspaper. Those interested please call Joanna Banks at (213) 477-2506, or e-mail at jbanks@msmc.la.edu.

**SUBMIT YOUR ACTIVITIES, EVENTS OR ANNOUNCEMENTS TO THE
CHALON STUDENT NEWS AND KEEP THE CAMPUS INFORMED!**

CNEWS@MSMC.LA.EDU

I.S.A.E Presents...

Encourage Your Heart!

Join us for a special opportunity to become more aware of how to achieve positive self-esteem and work towards being a stronger SELF-LEADER. Thursday February 19th. From 1-2 p.m. in Room H-202.

LAP welcomes Sr. Mary Frances Rebel!

Mount Alumna, Sr. Mary Francis Rebel '52, a graduate of MSMC's first nursing class, will be helping to provide **academic support and tutoring in BASIC MATH** (including Nursing Math Exam preparation) and **WRITING** in the Chalon Learning Center. Sr. Mary Frances will be available for walk-in assistance on Tuesdays & Thursdays from 9 am to 12 noon this semester. Please stop by to welcome her and to utilize this wonderful service.

MONKEY BUSINESS!



Celebrate the Year of the Monkey with ISAE! ISAE participants - sign up today for the ISAE Spring Fling - A Chinese New Year Celebration! The event will be held at the Doheny Campus Donohue Center on Friday, February 20th from 5:30 pm-8:30 pm. **Bring your \$5 refundable deposit and sign-up in the ISAE Office. Those who attend the Spring Fling will have priority to sign up early for the new production of La Bohème** on March 5th. Be sure to bring an additional \$10 for the *La Bohème* deposit!. Shuttle for the Spring Fling will leave Chalon Circle @ 4:30 pm! Don't miss out on **great Chinese food**, favors, door prizes, great company and a great time!

MADAME BUTTERFLY

Join ISAE for a night at the Opera on Friday, February 27th, 2004. ISAE students sign-up now! Shuttle leaves Chalon at 5:30 pm from the Circle. Don't forget your \$10 refundable deposit when signing up.!

BRAVO! La Bohème!

ISAE students mark your calendars for Friday, March 5th! We will be attending Baz Luhrmann's famed production of *La Bohème* (trivia: Luhrmann was also the director of the smash hit movie *Moulin Rouge*). Stay tuned for more info! **But here is a little hint... attend the SPRING FLING and you will be eligible for priority sign-ups for La Bohème!**



Calling All Freshmen!!!

Freshman Meeting
Tuesday, February 17, 2004
8:00 pm - 8:30 pm
Brady 1st Lounge
Sponsored by ASB

Fitness Education Presents



5th Annual Mount Cup

Saturday, March 21st at Doheny

For more information contact the Fitness Centers



Athenian Day

Saturday, March 6th at Chalon

6 players per team

\$6.00 per team member

Clubs, Orgs, Groups, all welcome

Registration packets can be picked up at the Chalon Fitness Center

Deadline: Friday, February 27th

Lenten Lifestyle of Fitness Incentive Program

Sign ups begin **Monday, February 23rd.**

Program begins **March 1st-12th**

This program is open to everyone who is willing to take the challenge to make a change.

Important Parking Information

For added convenience daily parking passes at Chalon can now be purchased at the Entrance Kiosk (\$1.50 per day).

The Parking Committee has approved the purchase of two "boots" to assist with parking enforcement. Security will install the "boots" on a vehicle's tire with a third and subsequent parking citation. The boot will make the vehicle inoperative. The boot may only be removed by Security after the vehicle's owner has shown proof that all outstanding parking fines have been paid to the Business Office. This procedure will reduce the frequency of towing from campus. Students have expressed concern that we "should have called them first" before towing their car. The use of a "boot" will hold the vehicle's owner responsible for the violations but will reduce the financial impact and minimize the inconvenience of recovering their vehicle.

411 on MCN 2004!

MCN screenings will be held on:

***FEBRUARY 17 (Tuesday)**

9-10 pm in the CAMPUS CENTER

***FEBRUARY 18 (Wednesday)**

8-10 pm in the CAMPUS CENTER

***FEBRUARY 19 (Thursday)**

8:30-10 pm in the CAMPUS CENTER

Sign up sheets will be available in the SACS office (Humanities 110) beginning February 11, 2004.



Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 21

February 20, 2004

Calendar of Events

Graduation Information Fair

Saturday, Feb. 21 10:00 a.m.-1:00 p.m. Little Theater Foyer

Mass

Sunday, Feb. 22 8:00 p.m. Mary Chapel

Graduation Information Fair

Monday, Feb. 23 10:00 a.m.-3:00 p.m. Campus Center

Spring Formal Ticket Booth

Monday, Feb. 23 10:00 a.m.-2:00 p.m. Campus Center

Monday Concert

Monday, Feb 23 11:00 a.m.-2:00 p.m. Little Theater

Spring Formal Ticket Booth

Tuesday, Feb 24 10:00 a.m.-2:00 p.m. Little Theater & Campus Center

Get Real Body Fair

Tuesday, Feb 24 10:30 a.m.-2:30 p.m. Circle

Mardi Gras Celebration

Tuesday, February 24 1:00 p.m.-2:00 p.m. Circle

Let's Collaborate Some More!

Thursday, February 26 1:00 p.m.-2:00 p.m. H202

ISAE

(310) 954-4144

PIZZA & THE OPERA @ Chalon

Interested in learning about the Opera & eat pizza all at the same time? ISAE students sign-up for *Pizza & the Opera* on Wednesday Feb. 25th from 5-6pm. Meet in the ISAE Office and don't forget your \$5 refundable deposit.

MADAME BUTTERFLY REMINDER!

For those ISAE Students who have signed up to attend Madame Butterfly on Friday, February 27th, the shuttle is leaving from the Chalon Circle @ 5:30pm. Call the ISAE Office for additional information.

SHOW ME THE \$\$\$

Join ISAE for a Searching for Scholarships Workshop on Thursday, March 2nd, from 1-2 p.m. in the Teagle Lab. Please sign-up outside the ISAE office.

Town Hall Meeting

Tuesday, March 2

(NOT Thursday, March 4)

Topic: Financing your education



Career Center

(310) 954-4070

Thinking about graduate school but need more information?

Want to speak to representatives from over 100 of the nation's leading graduate schools?

Interested in attending workshops on selecting the right graduate program, financial aid opportunities for graduate school, preparing for the GRE, employment prospects and more?

Considering a graduate program in the social sciences, arts and humanities, physical and life sciences, health (excluding medicine, dentistry or pharmacy), or education?

Then the 2004 Southern California Forum for Diversity in Graduate Education is for you!

This forum is geared towards African Americans, Native Americans, Latinas, Filipinos, Pacific Islanders, Asian Americans (interested in natural sciences, humanities & social sciences).

The forum will be held on **Saturday, April 3** from 7:45 a.m. to 4 p.m. at **California State University, Channel Islands** (located near Oxnard).

Lunch and Transportation will be provided.

Registration and a \$10 refundable deposit is required in order to attend this event. Register by March 12 in order to secure your space.

For more information and to register, visit the Career Centers: Doheny, Bldg. 3 or Chalon, H401.



JUNIOR CLASS MEETING

MONDAY, FEBRUARY 23

7:45—9:15 P.M.

BRADY 1ST LOUNGE

What's going on with Campus Ministry?

(310) 954-4125

Sunday Mass: Don't Miss It!

On Sunday, February 22, Mass will be at 8 p.m. (one time only) The entire campus ministry team, our priests, and our music ministers will all be at the Religious Education Congress in Anaheim throughout the weekend. They would not be able to return in time to prepare for a 7 p.m. Mass, but are sure to be ready for one at 8 p.m.! Please note the date and time on your calendar- and we hope to see you at the 8 p.m. Mass on February 22.

Feeding the Homeless WILL NOT be taking place this Sunday, February 22, 2004 due to the fact that the campus ministry staff will be attending the Religious Education Congress. It will resume the following Sunday, February 29. It includes Meal Preparation at 5:30-6:30 in Campus Center. The food and those who will distribute it are then blessed at our 7 p.m. Sunday Mass. Distribution of the food begins after Mass. At 8:15, people meet in front of the chapel and proceed to Santa Monica to distribute sack meals. (This program runs strictly on a volunteer basis and we would love your assistance.) *Also, please make donations for this project at Campus Ministry Office.*

Interested? Call Nercy in Campus Ministry @ 4125 – or just show up on Sunday!

Mardi Gras is coming! Come and listen to the sounds of our Mardi Gras band on Tuesday, February 24 from 1 p.m. to 2 p.m. in the Circle!

Ash Wednesday is February 25. There will be prayer services with distribution of ashes at 7:30 a.m. and 7:30 p.m.. There will also be distribution of ashes at a 12 noon Mass. All services will be in Mary Chapel.



***Make a Wish Upon a Star
On the Grand Romance***



Buy your ticket today for the Spring Formal!

Friday, February 27, 2004

***Tickets can be purchased in the SACS
office for \$36 each.***

***The event starts at 7 p.m. but the boat
leaves the dock at 8:30 p.m.***



Women's Leadership

(310) 954-4350

Leadership Passport

Women's Leadership is providing a pathway for students who are interested in maximizing their potential as leaders with a series of interactive workshops that will focus on leadership skills that can help you develop both as an individual and as an active member of a student organization.

Maximize Your Involvement with the Leadership Transcript

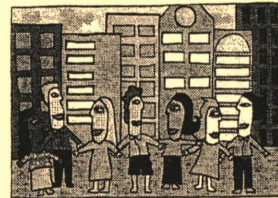
Tuesday, March 2, 5:00 p.m. - Humanities Rm. 202

Thursday, March 4, 1:00 p.m. - Humanities Rm. 202

Leadership in the Community: Social Justice and Civic Involvement

Thursday, March 11, 5:00 p.m. - Humanities Rm. 202

Tuesday, March 30, 1:00 p.m. - Humanities Rm. 202



GRADUATING STUDENTS, MARK YOUR CALENDARS!



The Graduation Information Fairs will provide you with everything you need for Commencement:

- Caps & Gowns
- Yearbook
- Sister Dolorosa Award
- Post-Graduate Jobs
- Alumnae Benefits and Merchandise
- Diploma Verification and Grad Check
- Class Ring
- Graduation Announcements
- And More!

(Don't forget to bring your checkbook or credit card.)

Saturday, February 21

10:00 a.m.-1:00 p.m. *Little Theater Foyer, Chalon*

Monday, February 23

10:00 a.m.-3:00 p.m. *Campus Center, Chalon*

**It's Time to
Get Real**

Get Real Information
Get Really Satisfied with who you are

Body Fair

Tuesday, February 24, 2004
The Circle 11 a.m. – 2 p.m.

Come learn about:

- *Healthy Eating
- *Diets and Exercise for Life
- *Preventing Eating Disorders

This event is sponsored by Counseling and Psychological Services, Fitness Education, Residence Life, and ASB.

For more information about Eating Disorders and Awareness on the web, refer to
www.NationalEatingDisorders.org
Information and Referral Helpline: 800-931-2237

On campus, refer questions to Counseling and Psychological Services at ext. 4114

Reality Check:

You can't afford **NOT** to be there

Nursing Career Fair

Interested in a nursing career? Attend the Nursing Career Fair on Wednesday, Feb. 25 from 12 noon - 2 p.m. in the Campus Center at Chalon. Representatives from 25 organizations will be on-campus to discuss nursing opportunities. So stop by and learn more about nursing positions at:

- UCLA Medical Center
- St. John's Hospital
- Cedars-Sinai Medical Center
- Little Company of Mary Hospital
- Children's Hospital of Los Angeles
- Daniel Freeman Memorial Hospital



**Submit your activities, events or
announcements to the Chalon
Student News and keep the campus
informed!**

cnews@msmc.la.edu



The Health Corner

Are you at risk for heart disease?

Brenda Banuelos, Student Health Associate

Cholesterol is a wax-like substance. The liver makes cholesterol and links it to a carrier protein called lipoprotein. The lipoprotein lets it dissolve in the blood and transport it to all parts of the body.

High-density lipoproteins (HDL) carry cholesterol from the blood back to the liver and then the liver processes the cholesterol so that it can be eliminated from the body. HDL makes it less likely that excess cholesterol in the blood will be deposited in the coronary arteries. This is why HDL is referred to as the "good" cholesterol.

Low-density lipoproteins (LDL) carry cholesterol from the liver to the rest of the body. When there are high levels of LDL cholesterol in the blood there can be deposit on the walls of the coronary arteries. This is the reason why LDL cholesterol is considered as the "bad" cholesterol.

Too much cholesterol in the blood can lead to heart problems. In the 1960s and 1970s, scientists established a link between high blood cholesterol and heart disease. Cholesterol deposits can build up inside arteries. These deposits are called plaque and it narrows arteries enough to slow or block blood flow. This process is called atherosclerosis, which commonly occurs in the coronary arteries that nourish the heart. When one or more sections of the heart dose not get blood, and thus, the oxygen and nutrients it needs, the person would feel chest pain known as angina. In addition the plaque can rupture causing blood clots that could lead to a heart attack, stroke, or sudden death. The good news is that the buildup of cholesterol can be slowed, stopped, and possibly even reversed. Some ways to lower your cholesterol levels are: follow a low saturated fat, low-cholesterol diet; be more physically active; and lose weight if you are overweight.

When you have your cholesterol checked, the results will indicate your total blood cholesterol level. If you fasted overnight before giving a blood sample, you could request the result to show separate counts for your HDL and LDL. To conclude the higher your LDL and the lower your HDL, the greater your risk for atherosclerosis and heart disease.

References: Harvard School of Public Health, National Cholesterol Education Program, National Heart Lung and Blood Institute, National Institute of Health

ASB APPLICATIONS ARE COMING!

Interested in being a leader next semester? Then start thinking about what you would like to do and look out for future notices from the SACS office. If you have any questions, call extension 4120.

Student Ambassador Program

(213) 477-2572

Alumnae Connection!



Mount and Ambassador Alum, **Juana Perez** ('02) is a 5th grade teacher at Sierra Park Elementary School in El Sereno (East Los Angeles) who recently established a **Mother-Daughter College Awareness** program at her school. The program is designed to open and maintain communication lines between mothers and their 5th grade daughters (before they reach middle school) so they can work together toward a college education. Their goal is to start planning for college and visit college campuses to raise awareness.

Their first field trip was in December at our Doheny Campus! We welcomed 30 girls, each accompanied by their mother. Ambassadors gave workshops on college information and financial aid (in both English and Spanish!).

We would like to **THANK** these incredible Ambassadors for a wonderful job with Sierra Park Elementary:

Johanna Aguilar	Cynthia Mineros
Irene Chavarria	Norma Rangel
Tabitha Coronado	Ibbet Velasquez
Rheannon Goodlett	

~~~~~

**Girls Run L.A.** is a non-profit organization, devoted to mentoring and training middle and high school girls from the Greater Los Angeles area to run in the Los Angeles Marathon. Aside from the physical training, Girls Run L.A. provides its constituents with various academic and personal development workshops.



This year, the *Student Ambassadors were asked to give a workshop to over 300 girls* on general college information, financial aid, and college life. We received **fabulous feedback** from the students and the organization.

**Congratulations to the following Ambassadors for a fantastic job at the Girls Run L.A. event:**

|                   |                |
|-------------------|----------------|
| Cindy Calvo       | Rosa Mejia     |
| Rheannon Goodlett | Karen Orellana |
| Raquel Hernandez  | Norma Rangel   |

~~~~~

Attention Student Ambassadors!

Our first Monthly Training Sessions will take place:

Chalon: Tuesday, February 24 from 1—2 p.m. in H201

Doheny: Thursday, February 26 from 1—2 p.m. in the Lecture Hall

REMINDER: You must attend one of these mandatory Training Sessions.

For more information on the Student Ambassador Program, please contact Melissa Romero, Program Coordinator for Experiential Learning at 310/954-4080 or 213/477-2572.

Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 22

February 27, 2004

Calendar of Events

Black History Talent Show

Friday, February 27 7:00 p.m. Lecture Hall (Doheny)

Mass

Sunday, February 29 7:00 p.m. Mary Chapel

Women In Red

Friday, February 27 12:30-2:30 p.m. Little Theater Foyer

Senior Gift Committee Table

Little Theater Foyer
Mon, Wed & Thurs, March 1, 3 & 4 11:30 a.m.-3:00 p.m.

Bake Sale—Kappa Delta Chi

Tuesday, March 2 10:00 a.m.-2:00 p.m. WC Patio

Financial Aid Workshop

Tuesday, March 2 1:00-2:00 p.m. Lecture Hall

Town Hall Meeting

Tuesday, March 2 1:00-2:00 p.m. Campus Center

Human Rights Film Festival—Juvies

Wednesday, March 3 7:00 p.m. Little Theater

Latinas Unidas Cultural Fair

Thursday, March 4 11:00 a.m.-3:00 p.m. Circle



Graduation Information

Graduation web pages are now available on the College Web site. Go to the College home page at www.msmc.la.edu and click on News and Events. Open that and click on "2004 Commencement Activities Planned" then click on the event you would like to see.

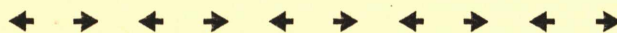
Campus Shuttle Service Reminder

Shuttle Service is strictly for Mount St. Mary's College CURRENT Students, Faculty and Staff.

-Facilities Management



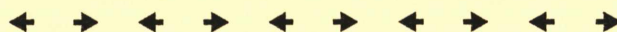
Business Office Deadline March 31



Students with an outstanding balance will NOT be able to:

- § Register for the Fall 2004 semester
- § Receive your Spring 2004 grade report
- § Reserve a room for Fall 2004 (if applicable)
- § Receive a diploma or an official transcript

You are invited to visit the Student Financing Office to determine if additional funding is available.



Students who have not submitted a "Financial Obligation Agreement" will NOT be able to:

- § Register for the Fall 2004 semester
- § Receive your Spring 2004 grade report
- § Reserve a room for Fall 2004 (if applicable)
- § Receive a diploma or an official transcript

Student Activities and Commuter Services (310) 954-4120

- 3/1 ASB Applications Available @ SACS Office
- 3/1-3/4 Carpool Token Redemption @ SACS Office
- 3/2 ASB Town Hall Meeting @ Campus Center (1 - 2 p.m.)
- 3/2-3/4 MCN Rehearsal @ Little Theater (9 p.m. - 12 midnight)
- Reminder: Multicultural Night is March 25
- Any questions? Call Virginia @ ext. 4117
- 3/4 ICC Meeting @ Campus Center (7 - 9 p.m.)

Archives
MSMC

Fitness Education

(310) 954-4345



⇒ The **Annual Athenian Day** is scheduled for Saturday, March 6. Program begins at 8:30 a.m. Get your teams together for a terrific event. For more information, contact the Chalon Fitness Center (310) 954-4345. Volunteer opportunities are available. Please contact Maureen at (310) 954-4347.

⇒ Our **5th annual Mount Cup** will be rescheduled for the Fall Semester 2004. A date will be announced soon.

⇒ **Lenten Lifestyle Program** begins on Monday, March 1. It's not too late to sign up. Make a change during the season of Lent and add something fresh and new to your lifestyle. It is never too late to begin an exercise program.

⇒ **Spring Break? Summer Break?** Do you have your exercise plan put together yet? Are you still thinking about trying something new? It is never too late to begin! You can even learn how to swim. Don't miss out before Smartbodies ends; sign up now at the Fitness Center for a personal appointment. This is open to students, staff and faculty.

♦♦♦ WOMEN'S LEADERSHIP ♦♦♦ (310) 954-4350

Women's Leadership is providing a pathway for students who are interested in maximizing their potential as leaders with a series of interactive workshops that will focus on leadership skills that can help you develop both as an individual and as an active member of a student organization.

Maximize Your Involvement with the Leadership Transcript

- ▷ Tuesday, March 2, 5:00 p.m. – Humanities Rm. 202
- ▷ Thursday, March 4, 1:00 p.m. – Humanities Rm. 202

Leadership in the Community: Social Justice and Civic Involvement

- ▷ Thursday, March 11, 5:00 p.m. – Humanities Rm. 202
- ▷ Tuesday, March 30, 1:00 p.m. – Humanities Rm. 202

Latinas Unidas

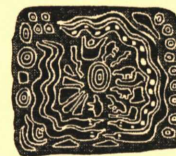
"Discover the culture...Uncover the pride"

The Mount community is invited to attend the first annual "Nuestra Obra" Celebrating Latin American literature and artwork. Come and support the creativity of our very own Mount Students and other participants.

When: Thursday, March 4

Where: The Circle (Campus Center if it's raining)

Time: 11:00 a.m. to 3:00 p.m.



Free food will be provided!

CAREER CENTER (310) 954-4070

Thinking about graduate school but need more information?

Want to speak to representatives from over 100 of the nation's leading graduate schools?

Interested in attending workshops on selecting the right graduate program, financial aid opportunities for graduate school, preparing for the GRE, employment prospects and more?

Considering a graduate program in the social sciences, arts and humanities, physical and life sciences, health (excluding medicine, dentistry or pharmacy), or education?

Then the 2004 Southern California Forum for Diversity in Graduate Education is for you!

This forum is geared towards African Americans, Native Americans, Latinas, Filipinos, Pacific Islanders, Asian Americans (interested in natural sciences, humanities & social sciences).

The forum will be held on **Saturday, April 3 from 7:45 a.m. to 4 p.m. at California State University, Channel Islands** (located near Oxnard).

Lunch and Transportation will be provided.

Registration and a \$10 refundable deposit is required in order to attend this event. Register by March 12 in order to secure your space.

For more information and to register, visit the Career Centers: Doheny, Bldg. 3 or Chalon, H401.

Are you interested in pursuing a career in the
HELPING PROFESSION?

Are you a **Human Services, Sociology, Gerontology** or **Psychology** major? If so, mark your calendar to attend the **Social Services Alumnae Dessert Panel**.

When: Tuesday, March 2, 2004 from 7:00 - 9:00 p.m.

Where: Fritz-Burns Conference Center - Doheny

Why: To learn more about different careers in the helping profession and to network with Mount Alums!

RSVP: Stop by the Career Center on either campus to sign up Chalon H401 or Doheny, Building 3

The Panel will include:

Tanyetta Chateau, MSW and MS in Gerontology from USC—Currently a Geriatric Case Manager for Kaiser Permanente and a Sociology Faculty member at MSMC

Maria Avila, PsyD from the California School of Professional Psychology—Currently a Clinical Psychologist at the Child and Family Center

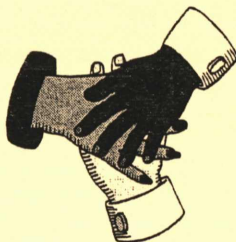
Erika Gallo, BA in Sociology and Spanish—Currently completing the Master's program in Public Administration at CSULA; Project Coordinator for the Department of Transportation

Ana Verdin, MFT from USC—Currently a Marriage Family Therapist at the Children's Institute International

Alma Gonzalez, A.A. in Human Services and BA in Sociology—Currently the Community Outreach and Education Coordinator for the Nutrition Network

Mark your calendars and sign up in the Career Center today! This event is Co-sponsored by Alumnae Relations and Career Planning

Thanks and hope to see you at the panel next week!



**Accounting Association
Meeting**

When: Tuesday, March 2

Where: H405A

Time: 7:30-8:00 p.m.



Internships

Believe it or not, the time is here to apply for Summer Internship positions. Deadlines are quickly approaching. The great thing about Summer Internships is that many are paid! Take advantage of the wonderful opportunities that are available to you. Get your foot in the door in the job of your dreams while networking with prominent professionals in your field. Below is a small sample of the many Summer Internships openings. Employers are actively looking to fill these positions ASAP.

**Independent Colleges of Southern California
Community Service Intern Corps (CSIC)**

Qualifications: 3.0 GPA or better

Benefits: \$3000.00 and \$500.00 tuition scholarship (based on financial need)

Duration: Eight to ten weeks (June-August 04)

Application Deadline: April 18, 2004

**The Emma L. Bowen Foundation for Minority Interests
in Media**

**Four to Five Year Paid Summer Internship in the Media
Industry/Business, Technical, or Creative**

Qualifications: Must be a Freshman, of African, Hispanic, Asian or Native American decent and interested in pursuing a career in the Media industry.

Student must have a 3.0 GPA or better.

Application Deadline: March 31, 2004

Advertising Club of Los Angeles

2004 Summer Internship In Advertising

Qualifications: Must be a Junior, Senior or Grad Student

Benefits: \$300/week or \$2400 for eight weeks or \$3600 for twelve weeks

Application Deadline: March 12, 2004

**Minority Advertising Training Program (MAT)
Paid Internship**

Qualifications: Must have a 2.7 GPA or better. Student must be Pacific Islander, Alaskan Native, African American, American Indian, Hispanic, or Asian. Only Juniors, Seniors, and Graduate students qualify.

Benefits: \$9.00 an hour

Duration: Minimum of 20 hours per week for 13 weeks

Application Deadline: May 7, 2004

For more information on these and other exciting internship opportunities stop by the Career Planning Center, located in H401 at Chalon and Building 3 at Doheny. Ask to make an appointment with Frank Ramirez, your Internship Coordinator. Applications are available in the Career Planning Center and online, on the organization's website. Good Luck!

Wishing You Much Success,
Frank Ramirez, Internship Coordinator

Do you want to change your major? ...add a double major or minor?

THE DEADLINE, TO SUBMIT A CHANGE OF MAJOR AND/OR ADD A MINOR FORM AND RECEIVE A NEW ADVISOR PRIOR TO ADVISEMENT PERIOD, IS MARCH 5.

Please stop by the Academic Advisement Center (Doheny-Bldg 3; Chalon-H401), to pick up a form, obtain the appropriate signatures, and return to us for processing.

Advisement Period is March 22 - April 2. We will email your advisor assignment to your Mount email account...so keep checking your email.

Questions? Contact us!

Academic Advisement
Advisement@msmc.la.edu
Doheny: Bldg 3, x2577
Chalon: H401, x4070

Academic Advisement....We've got answers!

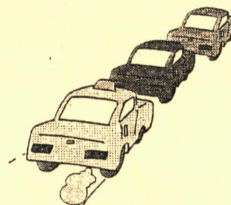
Congratulations to the winner of the Grad Fair Raffle. Dyan Salinas won a cap and gown package for Commencement! Thank you to all of the graduating students who attended the Grad Fair.



Submit your activities, events or announcements to the Chalon Student News and keep the campus informed!
cnews@msmc.la.edu

Important Parking Information

For added convenience daily parking passes at Chalon can now be purchased at the Entrance Kiosk (\$1.50 per day).



The Parking Committee has approved the purchase of two "boots" to assist with parking enforcement. Security will install the "boots" on a vehicle's tire with a third and subsequent parking citation. The boot will make the vehicle inoperative. The boot may only be removed by Security after the vehicle's owner has shown proof that all outstanding parking fines have been paid to the Business Office.

This procedure will reduce the frequency of towing from campus. Students have expressed concern that we "should have called them first" before towing their car. The use of a "boot" will hold the vehicle's owner responsible for the violations but will reduce the financial impact and minimize the inconvenience of recovering their vehicle.

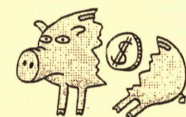
Learning Center/ISAE

(310) 954-4144

SHOW ME THE \$\$\$

It's time to start thinking about paying for next year @ MSMC!

Wouldn't it be nice to cut down on those TMS payments with some SCHOLARSHIPS? Join ISAE for our workshop, **Searching for Scholarships** on Thursday, March 2, 1-2 p.m. in the Teagle Lab. Please sign up outside the ISAE office.



PIZZA & THE OPERA @ Chalon

Interested in learning more about opera, and specifically about the upcoming production of *Madame Butterfly*? How about **free pizza**? ISAE students can sign up for *Pizza & the Opera* on Wednesday, February 25, 5-6 p.m. Meet in the ISAE Office, H207. A \$5 refundable deposit is required.



MADAME BUTTERFLY REMINDER!

For those ISAE Students who have signed up to attend *Madame Butterfly* on Friday, February 27, the shuttle is leaving from the **Chalon Circle @ 5:30 p.m.** Call the ISAE Office @ x4144 if you have any questions.

Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 24

March 19, 2004

Calendar of Events

Bake Sake-Theta Alpha Sigma		
Saturday, March 20	9:00 a.m.-3:00 p.m.	LT Foyer
AACW Fundraiser		
Saturday, March 20	11:00 a.m.-2:00 p.m.	WC Patio
Mass		
Sunday, March 21	7:00 p.m.	Mary Chapel
Na Pua O Ka Aina Luau Ticket Sale		
Monday—Wednesday		
March 22—24	8:00 a.m.-5:00 pm	LT Foyer
Monday Concert		
Monday, March 22	11:00 a.m.-1:00 p.m.	Little Theater
Bake Sale- Phi Alpha Delta		
Tuesday, March 23	10:00 a.m.-2:00 p.m.	WC Patio
Citizen Leader Event		
Tuesday, March 23	11:00 a.m.-3:00 p.m.	LT Foyer
Easter Lollipop Fundraiser-WCM		
Thursday— Sunday		
March 25—27	11:00 a.m.-4:00 p.m.	Circle
Multicultural Night		
Thursday, March 25	8:00 p.m.	Little Theater
ASB. Dance		
Thursday, March 25	9:00 p.m.-Midnight	Circle
Food Sale-Phi Alpha Delta		
Saturday & Sunday		
March 26 & 27	11:30 a.m.-1:00 p.m.	WC Patio

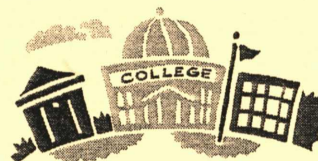
BUSINESS OFFICE DEADLINE MARCH 31

Students with an outstanding balance or those who have not submitted a "Financial Obligation Agreement" will NOT be able to:

- § Register for the Fall 2004 semester
- § Receive your Spring 2004 grade report
- § Reserve a room for Fall 2004 (if applicable)
- § Receive a diploma or an official transcript

For more information visit the Student Financing Office

Will you help us tell the story of great schools in the United States?



Researchers at Claremont, Harvard, and Stanford Universities* are studying some of the best schools in the country, in the hope of learning what makes them exceptional. Mount St. Mary's College was nominated as one of the best institutions of its kind. We have already interviewed some of the Mount's faculty, administrators, and staff, to hear their story. Now we are in the process of contacting some of the students, to gain your perspective.

Your answers to this survey might make a great difference to future students. In a couple of weeks, some of you will receive an e-mail about this survey. Please take some time to complete the survey. Your answers will remain confidential and only the survey administrators will know who was invited to participate in the survey.

We appreciate your help enormously. You can choose to receive results of the study and be entered in a raffle. The prizes at your school are five \$100 Amazon.com gift certificates.

~The Study of Good Work in Higher Education

*The principal investigators of this study are Mihaly Csikszentmihalyi (Claremont), Howard Gardner (Harvard), and William Damon (Stanford).

Room Selection Information 2004-2005

How does the Room Selection Process work?

There are essentially three parts of room selection depending if you want to:

- ⇒ keep the same room next year
- ⇒ move to a new room next year
- ⇒ or if you will not be living in the residence halls for Fall 2004

TO RETAIN THE SAME ROOM NEXT YEAR:

WHO: current Chalon and Doheny residents that want to live in the same room for 2004-2005

WHAT: submit a "Retain My Room" form, which is a binding request to live in the same room

WHERE: Retain My Room forms will be available for pick-up and must be submitted in person to the Residence Life Office, which is open Monday-Friday, 8 a.m. – 4:30 p.m.

WHEN: Retain My Room forms will be available Monday, March 1 and are due by 4:30 p.m. on Wednesday, March 24.

TO MOVE TO A NEW ROOM NEXT YEAR:

WHO: any current MSMC resident who wants to live in a different room next year

WHAT: submit a "New Room" form, which is a binding request to live in the six specific rooms you indicate or if those are not available, in the type of room you indicate. Residence Life will post floor plans online only at the web site listed below on Monday, March 29 at noon, which show the rooms that have been retained. After reviewing the floor chart, complete and submit the "New Room" form.

WHERE: New Room forms will be available for pick-up and must be submitted in person to the Residence Life Office, which is open Monday-Friday, 8 a.m. – 4:30 p.m.

WHEN: New Room forms will be available Monday, March 29 in the Residence Life Office and are due by 4:30 p.m. on Thursday, April 8. Priority in assigning rooms is given to residents according to their housing deposit date (the earlier the date the higher the priority) and does not depend on when a resident turns in their New Room form, as long as the New Room form is turned in by 4:30 p.m. on Thursday, April 8.

IF YOU DO NOT WANT TO RETURN TO HOUSING:

If you decide **not** to live in the residence halls for the 2004-2005 year, your \$100.00 housing deposit will be refunded (provided you follow proper check-out procedures) if you notify the Residence Life Office in writing by 4:30 p.m. on June 1, 2004. \$50.00 of your housing deposit will be refunded if you notify the Residence Life Office in writing after June 1 but before July 1, 2004. After July 1, 2004 at 4:30 p.m., your housing deposit is non-refundable.

Go to <http://www.msmc.la.edu/HousingResLife/RoomSelection/default.htm> for all necessary forms, floor plans and information.

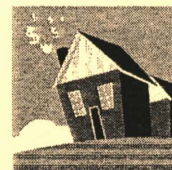
SUMMER HOUSING NEWS

Summer Housing this year will be offered at the Doheny campus in House 7. Applications and room rates will be available at both the Chalon and Doheny Residence Life Offices beginning on Tuesday, March 23, 2004.

Space will be limited and will be assigned on a first come, first served basis. Please note that in order for Summer Housing to take place, there needs to be at least 10 students participating in Summer Housing.

Shuttles will be available to and from Chalon and Doheny in the morning, mid-day and afternoon for your convenience.

The Residence Life Office
(310) 954-4325



SPR 85 TEACHING ASSISTANT POSITIONS

Undergraduate teaching assistants are teamed up with a faculty member to facilitate a section of SPR 85 - Introduction to College Studies. The Teaching Assistant (TA) plays an active role in class discussions, collaborates with faculty members, and meets with individual students as necessary. The TA also works closely with the TAs from other sections and the Coordinator of SPR 85. SPR 85 TAs receive a \$150 semester stipend for Fall 2004 (Work-Study award not required)

Applications and additional information available in Student Affairs (H200),
(310) 954-4130.

Applications due:
Wednesday, March 24, 2004

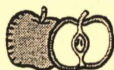
Submit your activities, events or announcements to the Chalon Student News and keep the campus informed!
cnews@msmc.la.edu



MARCH IS NATIONAL NUTRITION MONTH!



National Nutrition Month is sponsored by the American Dietetic Association (ADA) and is celebrated each year in March. ADA's mission is to promote optimal nutrition and well-being for all people by focusing their attention on the importance of making informed food choices and developing sound eating and physical activity habits.



For more information, visit:
www.eatright.org

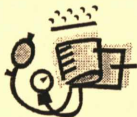


In honor of "National Nutrition Month," Student Health Services will be offering Nutrition-Related Health Screening and Information on Healthy Food Choices.

When: Tuesday, March 30, 2004

Time: 1-3 p.m.

Where: Outside of Bldg 11 at Doheny (near picnic tables)



Health Screening Available:

- **Body-fat composition analysis**
- **Calculating your Body Mass Index (BMI)**
- **Blood Pressure check**
- **Lots of nutritional information**

FREE healthy snacks will be provided to anyone that participates.

If you have any further questions, please call our office at x2685. Appointments are recommended, but not required.

National Hispanic Women's Conference

MSMC students are invited to attend the **National Hispanic Women's Conference** at the Los Angeles Convention Center on

Friday, April 2. The First Lady of Mexico, Marta Sahagun de Fox is the keynote speaker.

ISAE students can sign up in the ISAE office (H207) with a \$10 refundable deposit. Students who are not part of the ISAE program can sign up in the Career Center (H401) with a \$10 refundable deposit by March 29.

Career Planning will provide transportation to the Convention Center, with a shuttle leaving Chalon at 7:00 a.m. and Doheny at 7:30 a.m.

Congratulations to the following May graduates who will be graduating with Honors:

Summa cum laude: 3.85 or higher

Julie Ahn, Psychology
Allie Allbright, Sociology
Sandy N. Garcia, Business
Miriam Salgado, Liberal Studies
Sonia Salgado, American Studies
Erika Soto, Liberal Studies
Jaclyn Zapanta, American Studies

Magna cum laude: 3.7 or higher

Ivana Berrios, Sociology
Renalyn Delacruz, Nursing
Cristen Ferguson, Psychology/Sociology
Nicole Fernandez, English
Andrea Mazon, English
Nicole Ramirez, English
Olivia Rubio, Psychology
Vanessa Ruiz, Liberal Studies
Christina Sandoval, Child Development

Cum laude: 3.5 or higher

Susan Avalos, Liberal Studies
Arturo DeVera, Nursing
Amanda Galarza, Psychology/Business
Nzinga Graham, Biochemistry
J.P. Antoine Granda, Biology
Celeste Hurd, Sociology
Amy Konoske, Nursing
Abha Lazarus, Nursing
Vanessa Mansilla, Nursing
Laura Prescott, Business
Camille Ramos, Liberal Studies
Lady-Anne Recuenco, Child Development
Amanda Romero, Sociology
Dyan A. Salinas, Nursing
Veronica Sandoval, Nursing
Jennifer Tagorda, Nursing

Career Center

(310) 954-4070

Anyone interested in attending medical school should attend the **"Changing the Face of Medicine"**

Pre-Medical Conference on Sunday, April 25.

Place: USC Health Sciences Campus

Time: 8:30 a.m.-4:00 p.m.

This event will include workshops on AMCAS & admissions, MCAT preparation, financing medical school, community medicine, mock interviews and more.

Conference registration fees will be paid by Career Planning and the Irvine Grant. Transportation will be provided. Deadline to sign up is Monday, April 5 in the Career Center. A \$10 refundable deposit is required to reserve a space.

The Associated Student Body and
Counseling and Psychological Services
are proud to Present:

TAKE BACK THE NIGHT



Wednesday, March 31, 2004
6:00 p.m. Building 7, Doheny

TAKE BACK THE NIGHT is an international rally and march that is organized in local communities and on college campuses with the purpose of unifying women, men, and children in an awareness of violence against women, children and families.

SOMETHING TO THINK ABOUT...

- One in four college women are raped by the time they graduate from college.
- One in five women were sexually abused as children.
- An FBI report states that a woman is beaten every 15 seconds by her husband.

Academic Advisement **(310) 954-4070**

Advisement Period is here! Sign up with your faculty advisor to discuss your Fall 2004 course selections, academic and career goals. Don't forget to review course pre-requisites in the MSMC Catalog, and to bring your registration form and tentative schedule of classes to your advisement appointment.

What's on your mind? Tell us, and you could win a \$25 Target Gift Card and 2 movie tickets! Please complete an Academic Advisor Evaluation (located in the Chalon Student News), and return the completed copy to the Registrar's Office or Academic Advisement/Career Center. You can also tell your friends to pick up a copy of the evaluation in the Registrar's Office, Student Activities Office, and Academic Advisement/Career Center.

Lost your MSMC Catalog? Stop by the Academic Advisement/Career Center (H401) to get a copy. Or, check it out online.

Questions? Contact us at x4070 or Advisement@msmc.la.edu.

LEARNING ASSISTANCE PROGRAMS/ISAE **(310) 954-4144 H207**

ISAE PEER ADVISOR 2004-2005 TEAM **RECRUITMENT**

- Will you have junior or senior standing next year?
- Have you been an active ISAE participant for at least one year?
- Have a minimum cumulative GPA of 2.5?
- Want the opportunity to develop your leadership skills and have lots of fun at the same time?

If you answered "yes" to all of the above, we encourage you to apply for the PA Team. Application packets are available in the ISAE office (H207). Please take note of the following dates.

March 8th - Application Packets Available
March 26th - Application Deadline
March 29th- April 2nd - Interviews
April 12th - PA 2004-2005 Team Announced



We hope to hear from you soon.

ATTENTION CLASS OF 2004!



If you will be graduating this May, **CONGRATS!** Please make a ½ hour appointment with your ISAE counselor for an ISAE Exit Interview. Looking forward to celebrating your merits at the Bravo Banquet.

All-female Mariachi band **is coming!!**



Wednesday, April 14 at 7 p.m.
Lecture Hall, Doheny Campus

Mariachi Divas is a unique, multi-cultural ensemble, represented by women of Mexican, Cuban, Samoan, Costa Rican, Panamanian, Japanese, Honduran, Swiss and Anglo decent.

www.mariachidivas.com

(Sponsored by: Mind & Spirit Committee)

MOUNT ST. MARY'S COLLEGE ADVISEMENT EVALUATION

Spring 2004

Class: ☐ Freshmen ☐ Sophomore ☐ Junior ☐ Senior Cumulative GPA _____

ONLY EVALUATE ONE MAJOR/ADVISOR PER FORM

Major: _____ Advisor Name: _____

Campus: ☐ Doheny ☐ Chalon

How many semesters have you been with this advisor _____

How many different advisors have you had at MSMC _____

How many times have you spoken with your advisor:

☐ Never ☐ 1-3 ☐ 4-7 ☐ 8-11 ☐ 12 or more

Please rate your satisfaction with this advisor in the following areas based on your entire time with him/her:

	1 Very Dissatisfied	2 Dissatisfied	3 Satisfied	4 Very Satisfied
Refers me to appropriate services when needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understands General Studies and major requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowledgeable about academic policies & procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Approachable and easy to talk with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discusses my academic progress with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourages me to make my own decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepares for meetings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Available during posted office hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of time available for appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understands my point of view	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discusses career and internship opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discusses graduation requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discusses my education and career goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps select courses appropriate for my abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Takes the advising process seriously	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall Satisfaction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

General Comments

OVER: PLEASE ANSWER THE QUESTIONS ON THE BACK OF THE SURVEY

What kinds of things do you expect your advisor to discuss with you?

What do you wish your advisor would share with you?

Did your advisor meet/not meet your expectations? How? _____

How many times have you visited the Academic Advisement Center:

☐ Never ☐ 1-3 ☐ 4-7 ☐ 8-11 ☐ 12 or more

How can the Academic Advisement Center better assist in your academic progress?

Your Student ID# is required for drawing entry (your comments will be kept confidential).

Student ID# _____

Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 25

March 26, 2004

Calendar of Events

Easter Lollipop Fundraiser-WCM

Fri-Sat, March 26-27 9:00 am – 2:00 pm WC Patio

Food Sale-Phi Alpha Delta

Saturday, March 27 11:30 am – 1:00 pm WC Patio

Mass

Sunday, March 28 7:00 pm – 8:00 pm Mary Chapel

Easter Lollipop Fundraiser-WCM

Monday–Thursday
March 29–April 1 9:00 am – 2:00 pm WC Patio

Monday Concert

Monday, March 29 11:00 am – 1:00 pm Little Theater

Soul Food Sale-AACW

Monday, March 29 11:00 am – 2:00 pm WC Patio

Senior Class Meeting

Tuesday, March 30 1:00 am – 2:00 pm Lecture Hall

AIDS Quilt

Tuesday, March 30 12:30 pm – 2:00 pm Campus Center

PCN Ticket Sale-FASA

Wednesday, March 31 11:00 am – 2:00 pm LT Foyer

CSJ Day

Wednesday, March 31 3:00 pm Art Gallery

Human Rights Film Festival

Wednesday, March 31 5:00 pm – 10:00 pm Little Theater

PCN Ticket Sale-FASA

Thursday, April 1 1:00 pm – 2:00 pm WC Patio

Town Hall Meeting

Thursday, April 1 1:00 pm – 2:00 pm Lecture Hall

Do you want to win fabulous prizes?

Did you complete the Women's History Month Quiz?

Wednesday, March 31 is the deadline for handing in the completed quiz to Women's Leadership. Three lucky winners will be picked from all correct answers for fun prizes!

For more information, contact Women's Leadership at
310-954-4350 or 213-477-2664
or e-mail us at leadership@msmc.la.edu

The Associated Student Body and
Counseling and Psychological Services
are proud to Present:

TAKE BACK THE NIGHT



Archives
MSMC

Wednesday, March 31, 2004

6:00 p.m. Building 7, Doheny

Chalon Shuttle leaves at 4:45 pm

8:35 pm Shuttle from Doheny to Chalon

TAKE BACK THE NIGHT is an international rally and march that is organized in local communities and on college campuses with the purpose of unifying women, men, and children in an awareness of violence against women, children and families.

SOMETHING TO THINK ABOUT...

- One in four college women are raped by the time they graduate from college.
- One in five women were sexually abused as children.
- An FBI report states that a woman is beaten every 15 seconds by her husband.

BUSINESS OFFICE DEADLINE MARCH 31

Students with an outstanding balance or those who have not submitted a "Financial Obligation Agreement" will NOT be able to:

- § Register for the Fall 2004 semester
- § Receive your Spring 2004 grade report
- § Reserve a room for Fall 2004 (if applicable)
- § Receive a diploma or an official transcript

For more Information visit the Student
Financing Office

Townhall Meeting on Food Services!
Thursday, April 1st
1:00-2:00 pm
Lecture Hall

Mass this Sunday, March 28th in Mary Chapel at 7 pm. Bring family and friends. All are welcome! Stay afterward and have cookies and conversation with the Mount community!

Community on Campus Coordinator Andy Cariño will take a group of students to visit our retired Sisters of St. Joseph of Carondelet Monday, March 29, 2004. Meet at the circle at 6:15pm. Celebrate CSJ week by visiting our sisters and showing your appreciation!

Confessions will be heard Monday March 29, 2004 in Mary Chapel at 7:30 pm. Take some time during this Lenten season to celebrate the very special sacrament of reconciliation.

1st Place ...
winner of a \$100 Bookstore Gift
Certificate
Whitney Gordy



2nd Place...
winner of a \$50 Bookstore Gift
Certificate
Jacqueline Lopez

3rd Place...
winner of a \$25 Bookstore Gift
Certificate
Miriam Rodriguez

SACS would also like to congratulate all of the participants on their creativity and wonderful designs!

Ivana Berrios, Joanna Castillo, Whitney Gordy,
Jennifer Kane, Jacqueline Lopez, Maricela Alvarez
Montes, Laarni Paras, Marissa Rincon, Miriam
Rodriguez, Anel Solis, and Adela Sotelo!
GREAT JOB LADIES!!!!



Mark your calendar
ICC Meeting
Thursday, April 1
9:00 pm Campus Center

DON'T FORGET your ICC Awards Forms!

Submit your activities, events or announcements to the Chalon Student News and keep the campus informed! cnews@msmc.la.edu

The Mount Community is invited to...

CSJ APPRECIATION DAY

Whgn: Wednesday, March 31

Time: 3:00 PM

Where: Drudis Biada Art Gallery

Please join us as we celebrate the many
contributions of the
Sisters of St. Joseph of Carondelet

We are so grateful for their daily ministry
here at
Mount St. Mary's College.

We especially pay tribute to our
Jubilarians...
Sixty Years
Sr. Edward Mary Zerwekh

Fifty Years
Sr. Margaret "Maggie" McGraw
Sr. Ann Patricia O'Connor

Come for cake, sisterhood and song!

Summer Job for Graduating Seniors

Earn \$6,500-\$7,500 for the summer



The Institute of Reading Development has positions open for individuals interested in teaching reading enrichment programs in the L.A. Orange, Riverside and San Diego countries. Paid, comprehensive teacher training is provided. Open to any major.

For more information visit
www.readingprograms.org/teachingjobs
or call 562-429-5736/562-420-7284.

Project Independence is looking for Job Coaches, Community Day Service Specialists, Program Specialists, and personal Care Attendants.

****Requirements****

BA degree in psychology, sociology or related field and /or experience working with developmentally disabled adults.

Positions located in Costa Mesa.

Prospective teachers don't forget to attend the Baldwin Park Unified School District Open House on Thursday, April 29 from 4 - 7 pm.

National Hispanic Women's Conference

MSMC students are invited to attend the **National Hispanic Women's Conference** at the Los Angeles Convention Center on

Friday, April 2. The First Lady of Mexico,

Marta Sahagun de Fox is the keynote speaker.

ISAE students can sign up in the ISAE office (H207) with a \$10 refundable deposit. Students who are not part of the ISAE program can sign up in the Career Center (H401) with a \$10 refundable deposit by March 29.

Career Planning will provide transportation to the Convention Center, with a shuttle leaving Chalon at 7:00 a.m. and Doheny at 7:30 a.m.

Career Center

(310) 954-4070

Attention Athenians:

Ever dreamed of working in Public or Community Relations, Sales, Graphic Arts, or becoming a News Reporter,

Anchor, Producer or Assignment Editor?

Find out how to make your dreams a reality!

Get the inside scoop on how to break into these and many other dynamic careers in television.

Join **Frank Ramirez**, Internship Coordinator, on a guided tour of



KMX-Channel 34 Univision

- Find out what it takes to run the nation's number one Spanish network by getting a first hand look at the different departments and their functions. This is an excellent opportunity to ask questions and network with professionals in the field.
- The trip will take place on Friday, April 16th, 2004. We will meet at the Chalon shuttle stop, in the circle, no later than 10:15 a.m. We will leave promptly at 10:30 a.m.
- If you are interested in attending, please sign up at the Career Planning Center no later than Tuesday, April 13th, 2004. The Career Planning Center is located at H401 at the Chalon Campus, and in Building 3 at Doheny.
I hope you will join us!

~~~~~  
Anyone interested in attending medical school should...  
attend the

### **"Changing the Face of Medicine"**

Pre-Medical Conference on Sunday, **April 25.**

Place: USC Health Sciences Campus

Time: 8:30 a.m.-4:00 p.m.

This event will include workshops on AMCAS & admissions, MCAT preparation, financing medical school, community medicine, mock interviews and more. Conference registration fees will be paid by Career Planning and the Irvine Grant. Transportation will be provided. Deadline to sign up is Monday, April 5 in the Career Center. A \$10 refundable deposit is required to reserve a space.



**LEARNING ASSISTANCE PROGRAMS/ISAE**  
(310) 954-4144

**NHWC IS HERE!**

Just a reminder for those who signed up for the National Hispanic Women's Conference this Friday, April 2, 2004- shuttle leaves @ 7 am from the Chalon Circle and 7:30 am from the Doheny shuttle stop.

**ISAE GRADS - SAVE THE DATE!!!**

This year's annual BRAVO! Banquet will take place on FRIDAY, April 23<sup>rd</sup> at the Doheny Mansion. Festivities will begin @5:30 pm. You will be receiving your invitations in the mail SOON! Mark your calendars so you don't miss this elegant event! More info to follow...

**ATTENTION CLASS OF 2004!**

If you will be graduating this May, CONGRATS! Please make a ½ hour appointment with your ISAE counselor for an ISAE Exit Interview. Looking forward to celebrating your merits at the Bravo Banquet.



**Nursing Students**

St. Johns's Health Center invites  
you to a  
**New Grad Open House &  
Dinner**

on Wed. April 21 from  
4:30-7:00 pm.

RSVP required by April 16.

Call Marjorie Allen, Nurse recruiter  
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marjorie.allen@stjohns.org



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**RN New Graduate Workshop**  
on April 17 from 8:30 am—1 pm.

Topics include:

Where do I go from here?

Exploring your nursing career alternatives.

How to Ace the NCLEX.

**Parking is FREE!**

All attendees will receive a Certificate of Attendance, Mosby, Review Cards for NCLEX, Taking Control of Your Nursing Career. For more information and to register contact Marie Pounders 213-977-2121, x8100 or mpounders@goodsam.org.

**All-female Mariachi band  
is coming!!**



Hold On, Hold On...What's happening to  
Mariachi?

There's an evolution/revolution going on and  
you're invited!

Wednesday, April 14 at 7 p.m.  
Lecture Hall, Doheny Campus  
[www.mariachidivas.com](http://www.mariachidivas.com)

*Congas and flutes with the guitars and violins?  
What IS this? Mariachi +...cumbia, cha-cha-cha,  
merengue and a unique style of ranchera + meren-  
gue = rancheque*

**Bring you friends, family and musical soul.**

**Post-performance Reception**

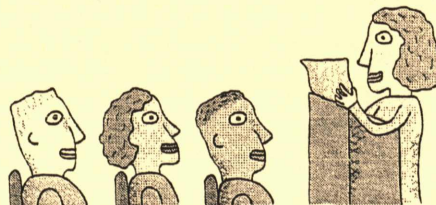
**Sign-up for shuttle from Chalon in ASB Office.**

*(Sponsored by: Mind & Spirit Committee)*

Attention Athenians...

**ASB CAMPAIGNS  
BEGIN!**

*Candidates for Senate and  
Executive Board  
will be campaigning all next week!*





# Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to [cnews@msmc.la.edu](mailto:cnews@msmc.la.edu).

Volume 10, Number 26

April 2, 2004

## Calendar of Events

### FASA Filipino Cultural Night

Friday-Saturday  
April 2-3 3:00 pm – 11:00 pm Little Theater

### Admitted Student's Day

Sunday, April 4 8:00 am – 5:00 pm Chalon Campus

### Palm Sunday Mass

Sunday, April 4 7:00 pm – 8:00 pm Mary Chapel

### AFT Craft Sale

Monday-Wednesday  
April 5-April 7 10:00 am – 1:00 pm WC Patio

### Monday Concert

Monday, April 5 11:00 am – 1:00 pm Little Theater

### Sophomore Class Meeting

Monday, April 5 7:30 pm Brady 1st Lounge

### Candidate Forum

Tuesday, April 6 1:00 pm – 2:00 pm Circle

### ASB Elections

Wednesday-Thursday  
April 7-April 8 8:00 am – 4:00 pm Little Theater

### Easter Bake Sale- Pi Theta Mu

Wednesday- Thursday  
April 7-April 8 9:00 am – 3:00 pm WC Patio

### Tamales Sale- Latinas Unidas

Wednesday, April 7 9:00 am – 4:00 pm WC Patio

## On Behalf of the Parking Committee



(1)

Parking appeals must be submitted within ten (10) calendar days of the citation. After ten days, the citation is posted to the student's account and may not be appealed.

(2)

For safety reasons, faculty, staff and students are asked to observe all traffic signs on campus. In addition, the speed limit on campus roads is 15 MPH. Thank you for your cooperation.

This Sunday, April 4, is

## Palm Sunday

the beginning of Holy Week  
*the most sacred time of the Christian year*

**Palm Sunday Procession and Mass**  
will begin in the Chalon Circle at 7 pm

**Bishop Gabino Zavala will preside**

We invite you to come early to take on special roles in the liturgy, and to wear red – the color of Palm Sunday and Good Friday.

## Graduates:

Baccalaureate Commencement tickets will be distributed to all graduates beginning Monday, April 5.



A Ticket Pick-Up Table will be set up in the Campus Center the following days:

Monday, April 5 - 8:30 a.m.-10:30 a.m.  
1:00 p.m.-4:00 p.m.  
Tuesday, April 6 - 2:00 p.m.-4:00 p.m.  
Wednesday, April 7 - 9:00 a.m.-11:00 a.m.  
2:00 p.m.-4:00 p.m.  
Thursday, April 8 - 9:00 a.m.-11:00 a.m.



Starting April 12, tickets can be picked up from the Student Affairs Office (H200).

\*Students must have a photo ID and payment (if applicable) in order to pick up their tickets.



*What are you doing on April 15?*

## Meet Me at the Fair!

April 15, Thursday

1:00 - 4:30 pm

In the Circle

We will have food, games and live  
entertainment!

The event is **FREE!**



Some activities will benefit the Ronald McDonald Camp  
for Good Times; donations will also  
be accepted at the event.

Let us celebrate what life at the Mount is all about

If you have any questions, contact Student Activities at  
ext 4120 or [activitiesc@msmc.la.edu](mailto:activitiesc@msmc.la.edu)

## **From the Student Ambassador Program:**

Are you interested in making a *difference* in the lives of  
*youth*? Then you should **apply** to become a *Student  
Ambassador!*

### **What is an Ambassador?**

*The Student Ambassador Program is the largest  
outreach program at the Mount!*

Student Ambassadors work with high school students,  
answering questions about preparation for college,  
college life, financial aid, and provides assistance to  
college counselors. Each ambassador is assigned to a  
site and works an average of 8-10 hours per week.

### **Eligibility:**

- Full-time undergraduate students
- At least second-semester freshman standing
- Meet the minimum GPA requirement
- Submit an application and a letter of recommendation
- Participate in an interview

For more information, please contact Melissa Romero,  
Program Coordinator for Experiential Learning, at  
213/477-2572 or 310/954-4080.

## **FASA**

**proudly presents the**

**6th Annual**

## **FILIPINO CULTURAL NIGHT**



Come out for a night of food,  
fun, and Filipinos!

**April 2 and 3**

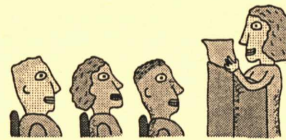
**Dinner at 5:30 in the  
Campus Center**

**Show at 7 in the Little Theater**

Tickets are now on sale from any e-board member  
@\$8 for students, faculty, and staff, \$10 for the  
general public.

**Come support FASA and enjoy a  
GREAT show!**

## **ASB Candidate Forum**



**Tuesday, April 6  
1-2 PM, Circle**

Come hear what the candidates have to say!  
**FREE milk and cookies**

.....

### **Vote for next year's ASB**

Executive Board and Senate

Wednesday, April 7 and Thursday, April 8:

Little Theater Foyer

\*Also we will be voting on constitutional amendments

### **SENIORS!!**

Vote for your **Senior Commencement**

**Speaker** at the ASB Voting Table

Thursday, April 8

\*If you need a copy of the statement/ballot, stop  
by Student Activities

~~~~~

CARPOOLERS...

Token Redemption this week in SACS.

Redeem tokens for great incentives!

**Submit your activities, events or
announcements to the Chalon Student News
and keep the campus informed!
cnews@msmc.la.edu**

Career Center

(310) 954-4070

Summer Job for Graduating Seniors

Earn \$6,500-\$7,500 for the summer

The Institute of Reading Development has positions open for individuals interested in teaching reading enrichment programs in the L.A. Orange, Riverside and San Diego counties. Paid, comprehensive teacher training is provided. Open to any major.

For more information visit
www.readingprograms.org/teachingjobs or
call 562-429-5736/562-420-7284

Project Independence is looking for Job Coaches, Community Day Service Specialists, Program Specialists, and Personal Care Attendants.

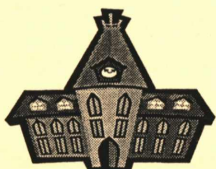
Requirements

BA degree in psychology, sociology or related field and /or experience working with developmentally disabled adults.

Positions located in Costa Mesa.

Prospective teachers

Don't forget to attend the Baldwin Park Unified School District Open House on Thursday, April 29 from 4 - 7 pm.



Are you considering graduate school in your future?

If so, plan to attend the
Southern California Forum for
Diversity in Graduate Education

When: Saturday, April 3, 2004
Where: CSU Channel Islands, Oxnard
Time: 8 a.m. - 5 p.m.

Registration and a \$10 refundable deposit is required in order to attend this event (even if you're planning on driving yourself).

Stop by the Career Center (Chalon, H-401 or Doheny, Building 3) to sign up.

If you have any questions, you may call the Career Center (Chalon, 310-954-4070 or Doheny, 213-477-2577).

*Transportation will be provided. We have arranged for a shuttle to leave from Chalon and Doheny.

Anyone interested in attending medical school should attend the

"Changing the Face of Medicine"

Pre-Medical Conference on Sunday, **April 25.**

Place: USC Health Sciences Campus

Time: 8:30 a.m.-4:00 p.m.

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Alternatives

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All attendees will receive a Certificate of Attendance, Mosby, Review Cards for NCLEX, Taking Control of Your Nursing Career.

For more information and to register contact Marie Pounders 213-977-2121, x8100 or
pounders@goodsam.org.



LEARNING ASSISTANCE PROGRAMS/ISAE

(310) 954-4144

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Mark your calendars so you don't miss this elegant event!

More info to follow...

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If you will be graduating this May, CONGRATS! Please make a ½ hour appointment with your ISAE counselor for an ISAE Exit Interview. Looking forward to celebrating your merits at the Bravo Banquet.



Travel the World with Weekend College

The Weekend College is sponsoring a Travel/Study trip this summer to Paris, Moscow & St. Petersburg. Some spaces on the trip are still open, and we would like to invite any interested staff and faculty (together with family members or friends) to join us on a 12-day trip, starting June 7 (Monday) to June 18 (Friday)

The travel cost (\$3,195) includes

- * round-trip air-fare
- * 3-star or 4-star hotels
- * all breakfasts, 4 dinners
- * city tours
- * all ground transportation (including overnight train from Moscow to St. Petersburg)
- * 3 evening musical/theatrical performances (including the Bolshoi ballet and Bolshoi opera)

For more information, please contact the Weekend College office at Ext. 4050.

Merrill Rodin, Dean

Weekend College

310-954-4053 (phone)

310-954-4059 (fax)

www.weekendcollege.org



What happens when talented musical women from all over the world come together?! You get the...



See the Divas in action!!

7 PM

Wednesday, April 14
Lecture Hall (Doheny)

Shuttle Transportation available from Chalon
(6 PM Departure)
Sign-up in Student Activities

Sponsored By: Mind & Spirit Committee

The Student Employment Office

wishes to announce

Nominees for Chalon Student Employee
of the Year 2003-2004

Felice Amisola
Vanessa Arellano
Brenda Banuelos
Kbaa Beck
Shelley Boniwell
Beatriz Canal
Virginia Guevara
Sylvia Gutierrez
April Lambey
Gloria Lopez
Dinelle Salazar
Melonee Sanchez
Kristin Smith
Fabiola Zendejas
Natalie Salazar

Business Administration/ Psychology Department
Telecommunications/Switchboard
Health Services
Office of Student Financing
Campus Ministry
Registrar's Office
Student Activities/Commuter Services
Career Center/Academic Advisement
Library
Payroll
Residence Life
President's Office
English Department
Office of Institutional Research and Assessment
Student Affairs

Student Employee of the year will be announced
at the

Student Employment
Appreciation Reception:
Thursday, April 15, 2004
1 - 2 P.M.

Campus Center

Congratulations!

Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 27

Calendar of Events

MSMC AIDS Memorial Quilt		
Tuesday, April 13	12:30 pm – 2:00 pm	Campus Center
Bake Sale– Phi Alpha Delta		
Tuesday, April 13	10:00 am – 2:00 pm	WC Patio
MSMC AIDS Memorial Quilt		
Wednesday, April 14	11:00 am – 1:30 pm	Little Theater
Documentary Film Festival		
Wednesday, April 14	6:00 pm– 10:00 pm	Little Theater
Student Employment Appreciation Reception		
Thursday, April 15	1:00 pm – 2:00 pm	Campus Center
Senior Gifts Table		
Thursday, April 15	2:00 pm– 4:00 pm	Little Theater
Spring Carnival		
Thursday, April 15	1:00 pm – 4:30 pm	Circle
Bands Rock the Mount– Phi Alpha Delta		
Thursday, April 15	6:30 pm – 10:30 pm	Little Theater
Confirmation Liturgy		
Friday, April 16	8:00 pm	Mary Chapel
Food Sale– Phi Alpha Delta		
Saturday-Sunday April 17-18	11:30 am – 1:00 pm	Circle
Mass-Baptism, First Communion & Confirmation		
Sunday, April 18	7:00 pm	Mary Chapel

**On Behalf of the
Committee**



Parking

- (1)
Parking appeals must be submitted within ten (10) calendar days of the citation. After ten days, the citation is posted to the student's account and may not be appealed.
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Meet Me at the Fair!

April 15, Thursday

1:00 – 4:30 pm

In the Circle



We will have food, games and live entertainment!

The event is **FREE!**

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ISAE GRADS - SAVE THE DATE!!!

If you are graduating in May, you should have received your invitation to this year's annual BRAVO! Banquet, FRIDAY, April 23rd at the Doheny Mansion. Festivities will begin @5:30 pm. If you are graduating and did not receive your invitation, please contact Lisa @ x4144. All ISAE graduates must RSVP by signing up in the ISAE Office or calling x4144. Mark your calendars so you don't miss this elegant event! Shuttles will leave Chalon at 4:30pm.

ATTENTION CLASS OF 2004!

If you will be graduating this May, CONGRATS! Please make a ½ hour appointment with your ISAE counselor for an ISAE Exit Interview. Looking forward to celebrating your merits at the Bravo Banquet.

NEED A MASSAGE?

If you turn in your completed ISAE PEER ADVISOR EVALUATION, you can be entered to win these cool prizes:

- 1st PRIZE: Gift Certificate for a Massage**
 - 2nd PRIZE: Gift Certificate for Bath & Body Works**
 - 3rd PRIZE: Gift Certificate for Blockbuster**
- An evaluation will be mailed to you.
There will also be extra copies in the ISAE office.
To qualify for the prize drawing, completed evaluations must be submitted by Monday, May 3rd. PRIZE WINNERS will be announced the following day.*

WANTED:

Orientation Assistant

SACS is looking to hire two Orientation Assistants for the summer...
to help with the office and also with orientation.

Are you interested?

You do not have to be an Orientation Leader to be an Orientation Assistant.

Pick up an Orientation Assistant application from SACS.

It is an awesome place to work!☺



Class of 2004!

Starting April 12th, commencement tickets can be picked up from the Student Affairs Office (H200).

If you have any questions please call (310) 954-4130.

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Nursing Students :

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Requirements

BA degree in psychology, sociology or related field and/or experience working with developmentally disabled adults.

Positions located in Costa Mesa.

Prospective teachers

Don't forget to attend the Baldwin Park Unified School District Open House on Thursday, April 29 from 4 - 7 pm.

All students are invited to attend

Mary's Day

The College Honors and Awards Ceremony

Saturday, May 1, 2004 from 2-4 pm

Little Theater

Mary's Day is a celebration in which the college community honors Mary, the Mother of Jesus. From its inception over 50 years ago, this day has included a procession to the statue of Mary enshrined on campus, and the crowing of this statue with a wreath of flowers.

We celebrate Mary as a courageous woman who brought new life to the world by her openness to the Spirit and her willingness to walk a new and risky path. Throughout the years, it has been the tradition of Mount St. Mary's College to honor Mary by recognizing students who have developed their gifts so as to share them in service with the world in which we live.

Today, we continue this tradition. Mary's Day is a time when families and friends join faculty and administrators in honoring Mary by celebrating the achievements of the students of Mount St. Mary's College.

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office at Ext. 4050.

Merrill Rodin, Dean

Weekend College

310-954-4053 (phone)

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www.weekendcollege.org

Residence Life is proud to announce the following students have been selected for the 2004-2005 Resident Assistant Staff:

Eleanor Rowe – Head RA
 Megan Beckerle – Head RA
 Mai Shafik
 Cheryl Porter
 Lauren Chavez
 Brittany Epperson
 Jennifer Fragoso
 Virginia Guevara
 Krystle Guillermo
 Leslie Hall
 Claudia Hernandez
 Claudia Preciado
 Belinda Ramirez
 Jessica Rivas Dinelle Salazar
 Lauren Arce – UJ
 Elson Suico – UJ

The Student Employment Office

wishes to announce
 Nominees for Chalon Student Employee
 of the Year 2003-2004

Felice Amisola	Business Administration/ Psychology Department
Vanessa Arellano	Telecommunications/Switchboard
Brenda Banuelos	Health Services
Kbaa Beck	Office of Student Financing
Shelley Boniwell	Campus Ministry
Beatriz Canal	Registrar's Office
Virginia Guevara	Student Activities/Commuter Services
Sylvia Gutierrez	Career Center/Academic Advisement
April Lambey	Library
Gloria Lopez	Payroll
Dinelle Salazar	Residence Life
Melonee Sanchez	President's Office
Kristin Smith	English Department
Fabiola Zendejas	Office of Institutional Research and Assessment

Student Employee of the year will be announced
 at the

Student Employment
 Appreciation Reception:
 Thursday, April 15, 2004

1 – 2 P.M.

Campus Center

Congratulations!

The Loss of a Member of the Mount Family

Our beloved Sr. Cecilia Louise Moore passed away on April 5th in the presence of her sisters in community at Daniel Murphy Convent. Sister touched countless lives with her uncommon treasury of gifts. She loved the Mount and served on the faculty, as dean, as president, as chair of the board and as board member until just last year. Her involvement with the College spans more than five decades beginning with her student days when she received a bachelor in science in Chemistry. A valiant woman has gone to God. May she rest

**Submit your activities, events or
 announcements to the Chalon Student
 News and keep the campus informed!
cnews@msmc.la.edu**

Chalon Student News

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Volume 10, Number 28

April 16, 2004

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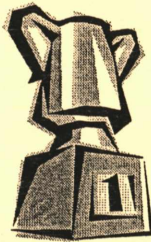
Sunday Mass Sunday, April 18	7:00 pm– 8:00 pm	Mary Chapel
Strawberry Sale– WCM Monday, April 19	9:00 am - 2:00 pm	WC Patio
Monday Concert Monday, April 19	11:00 am – 1:00 pm	Little Theater
MSMC AIDS Memorial Quilt Monday, April 19	11:00 am – 1:30 pm	Little Theater
Hand Made Card Sale– Sigma Beta Delta Tuesday, April 20	11:00 am– 2:00 pm	WC Patio
Denim Day Wednesday, April 21		
Lumpia Sale– FASA Wednesday, April 21	10:00 am – 2:00 pm	Circle
Documentary Film Screening Wednesday, April 21	6:00 pm– 9:00 pm	Little Theater
Strawberries & Cream– WCM Thursday, April 22	10:00 am – 2:00 pm	WC Patio
Athenian Awards Reception Thursday, April 22	5:00 pm – 7:00 pm	Campus Center

We have A WINNER!!!!!!!!!!!!

SACS is pleased to announce
the 2004 Senior
Commencement Speaker....

Gina Zambetti!

Congratulations Gina!



**Congratulations
to the 2004-2005 ASB
Members!**



Executive Board

Erica Carroll, President
Monique Grier, VP Chair of SAC
Denise De Anda, VP Chair of Senate
Gretchen Ratliff, Chair of Finance

Senate

Nicole Riesgo, Senior Senator
Stephanie Martinez, Senior Senator
Victoria Williams, Junior Senator
Brenda Lopez, Junior Senator
Lizbeth Gonzalez, Sophomore Senator

SAC Members

Jessica Martinez, Service Chair
Clariss Klysa B. Velasco, Educational
Programming Chair
Rhea de Guzman, Dance and Formal Chair
Therese Nguyen, MCN Chair

Psych.186: Violence Against Women

To remember and honor those affected
by violence such as

Rape & Sexual Assault

We will provide you with a shirt to
decorate and hang on our clothesline

**Meet in the Circle
Thursday April 22, 2004
From 10 am-4 pm**

**Submit your activities, events or announcements to the Chalon Student News and keep the campus
informed! cnews@msmc.la.edu**

LEARNING ASSISTANCE PROGRAMS/ISAE

(310) 954-4144

WILL YOU BE AN ISAE GRAD THIS MAY?

The ISAE program is very excited and proud of you! Please make sure that you meet with your ISAE Counselor for a short Exit Interview this month.



NEED A MASSAGE?

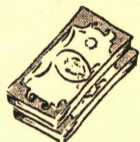


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WANTED! WANTED! WANTED!



Orientation Assistant

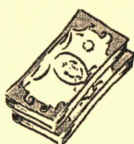
SACS is looking to hire two Orientation Assistants for the summer...to help with the office and also with orientation.

Are you interested?

You do not have to be an Orientation Leader to be an Orientation Assistant.

Pick up an Orientation Assistant application from SACS.

It is an awesome place to work!



COMMENCEMENT TICKETS

Seniors...

The last day to pick up Commencement Tickets is **Friday, April 30, 2004.**

Tickets are available in Student Affairs, H200. Any questions, please call (310)954-4130



Career Center

(310) 954-4070

Job Fairs for **graduating seniors**:

- "The Best Job Fair in Town" sponsored by Working World Magazine

When: Tuesday, April 27

Where: Hilton Universal City,
555 Universal Hollywood Drive
Universal City

Time: 10 am-3 pm

Price: FREE (Parking is \$7)

This is an opportunity to meet with representatives from over 50 top employers, including the Center of Community & Family, City of L.A., Farmers Insurance, LA. Unified School District, Minolta, Platinum Advertising, Robinson's May, Union Bank, Universal Studios, U.S. Border Patrol and more.

For more information visit www.workingworld.com.

- The 6th Annual Cinco de Mayo Career Expo

When: Thursday, May 6

Where: Hollywood Park
3883 W. Century Blvd
Inglewood, CA

Time: 10 am-3 pm

Price: FREE (Parking is FREE)

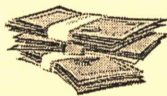
Participants include: Aetan, Macy's West, Bank of America, Coca-Cola, Washington Mutual, Allstate Insurance, Accountemps and more.

For both of these events, dress professional and bring lots of resumes.

Need help with your resume? Visit the Career Center to have your resume reviewed before you attend the fairs.

Summer Job for Graduating Seniors

Earn \$6,500-\$7,500 for the summer



The Institute of Reading Development has positions open for individuals interested in teaching reading enrichment programs in the L.A, Orange, Riverside and San Diego counties. Paid, comprehensive teacher training is provided. Open to any major.

*For more information visit
www.readingprograms.org/teachingjobs or
 call 562-429-5736/562-420-7284

Project Independence is looking for Job Coaches, Community Day Service Specialists, Program Specialists, and Personal Care Attendants.

Requirements

BA degree in psychology, sociology or related field and/or experience working with developmentally disabled adults.

Positions located in Costa Mesa.

Prospective teachers:

Don't forget to attend the

Baldwin Park Unified School

District Open House on Thursday, April 29
 from 4 - 7 pm.



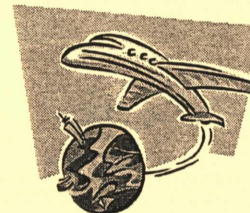
Travel the World with Weekend College

The Weekend College is sponsoring a Travel/Study trip this summer to Paris, Moscow & St. Petersburg. Some spaces on the trip are still open, and we would like to invite any interested staff and faculty (together with family members or friends) to join us on a 12-day trip, starting June 7 (Monday) to June 18 (Friday)

The travel cost (\$3,195) includes

- * round-trip air-fare
- * 3-star or 4-star hotels
- * all breakfasts, 4 dinners
- * city tours
- * all ground transportation (including overnight train from Moscow to St. Petersburg)
- * 3 evening musical/theatrical performances (including the Bolshoi ballet and Bolshoi opera)

For more information, please
 contact the Weekend
 College office at Ext. 4050.
 Merrill Rodin, Dean
 Weekend College
 310-954-4053 (phone)
 310-954-4059 (fax)
www.weekendcollege.org



Women's Leadership (310) 954-4350

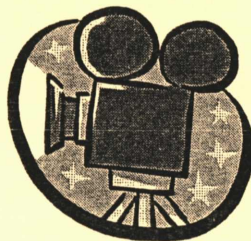
Women ...check it out!!

Women's Leadership has an extensive library open to students, staff and faculty for check-out or just browsing. Topics include Communication, Self-Awareness, Diversity, Women's Issues and many others. Come in and view current copies of *The Economist*, *The Hispanic Outlook in Higher Education*, and *The New York Times*.

Movies!!

Our archives also includes a number of films on both video and DVD available for students, staff and faculty.

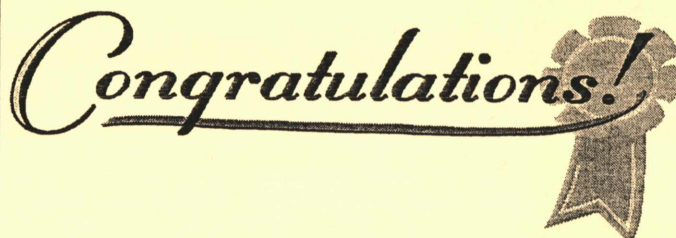
Visit the Women's Leadership
 Office at H200A and check it out!



Residence Life is proud to announce the 2004-2005 Resident Assistant Staff:

Eleanor Rowe – **Head RA**
 Megan Beckerle – **Head RA**
 Lauren Chavez
 Jennifer Fragoso
 Krystle Guillermo
 Leslie Hall
 Belinda Ramirez
 Dinelle Salazar

Mai Shafik
 Cheryl Porter
 Virginia Guevara
 Brittany Epperson
 Claudia Hernandez
 Claudia Preciado
 Jessica Rivas
 Lauren Arce – UJ
 Elson Suico – UJ



From the Student Ambassador Program:

Are you interested in making a **difference** in the lives of **youth**? Then you should **apply** to become a **Student Ambassador**!

What is an Ambassador?

The Student Ambassador Program is the largest

outreach program at the Mount!

Student Ambassadors work with high school students, answering questions about preparation for college, college life, financial aid, and provides assistance to college counselors. Each ambassador is assigned to a site and works an average of 8-10 hours per week.

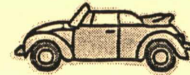
Eligibility:

- Full-time undergraduate students
- At least second-semester freshman standing
- Meet the minimum GPA requirement
- Submit an application and a letter of recommendation
- Participate in an interview

For more information, please contact Melissa Romero, Program Coordinator for Experiential Learning, at 213/477-2572 or 310/954-4080.



On Behalf of the Parking Committee



(1)

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For safety reasons, faculty, staff and students are asked to observe all traffic signs on campus. In addition, the speed limit on campus roads is 15 MPH. Thank you for your cooperation.

Can you go the distance?



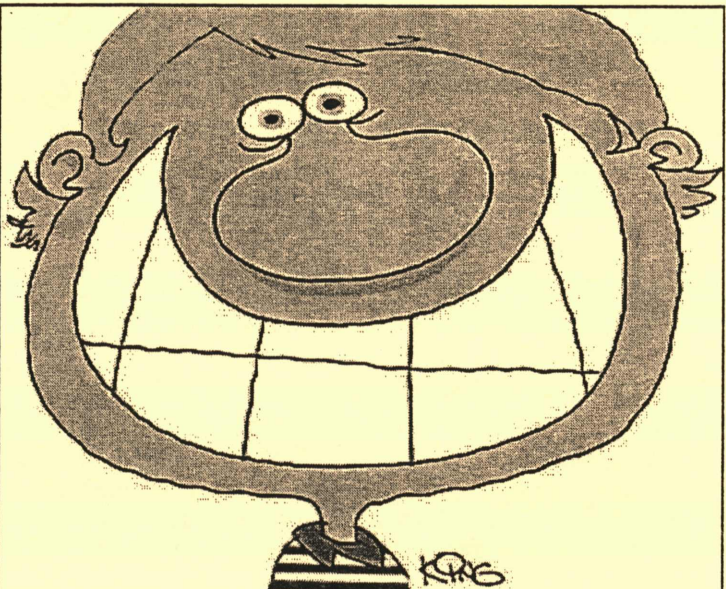
Sunday, April 25 come take part in LA's hottest new running event, the

Nike Run Hit Wonder,

by volunteering at the 5K/10K race. We need help in all areas of the race, so come get involved and receive a "Roadie" t-shirt in return.

Volunteers will enjoy live **entertainment** on the course and at the finish line, featuring *DEVO*, a *Flock of Seagulls*, *General Public*, *Tone Loc* and the *The Run Hit Wonders*.

E-mail julia@kinaneevents.com or call 760-434-7706 TODAY to sign-up!



*It takes 17 muscles to smile
and 42 to frown.*

All students are invited to attend

Mary's Day

The College Honors and Awards Ceremony
Saturday, May 1, 2004 from 2-4 pm
Little Theater

☞ Mary's Day is a celebration in which the college community honors Mary, the Mother of Jesus.

From its inception over 50 years ago, this day has included a procession to the statue of Mary enshrined on campus, and the crowing of this statue with a wreath of flowers.

☞ We celebrate Mary as a courageous woman who brought new life to the world by her openness to the Spirit and her willingness to walk a new and risky path. Throughout the years, it has been the tradition of Mount St. Mary's College to honor Mary by recognizing students who have developed their gifts so as to share them in service with the world in which we live.

☞ Today, we continue this tradition. Mary's Day is a time when families and friends join faculty and administrators in honoring Mary by celebrating the achievements of the students of Mount St. Mary's College.

Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 29

April 23, 2004

Calendar of Events

Sunday Mass		
Sunday, April 25	7:00 pm-8:00 pm	Mary Chapel
Monday Concert		
Monday, April 26	11:00 am-1:00 pm	Little Theater
All Class Social		
Tuesday, April 27	11:30 am-12:30 pm	Lecture Hall
Noon Prayer Service		
Wednesday, April 28	Noon	Mary Chapel
Senior Gift Committee		
Wednesday, April 28	11:30 am-3:00 pm	L.T. Foyer
R.H.A. Movie Night		
Wednesday, April 28	7:00 pm-10:00 pm	Little Theater
Senior Gift Committee		
Thursday, April 29	2:00 pm-4:00 pm	L.T. Foyer
Spring Choral Concert		
Friday, April 30	6:00 pm-10:00 pm	Mary Chapel
Mary's Day		
Saturday, May 1	8:30 am-4:00 pm	Circle and Campus Center

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2003 - 2004 Student Employee of the Year Announcement



Please join the Student Employment Office in congratulating Irene Chavarria for being named Doheny Student Employee of the Year and Sylvia Gutierrez for being named Chalon Student Employee of the Year. Irene, a senior majoring in Child Development, is employed as Office Assistant in the Office of Student Financing. Sylvia, a senior double majoring in Art and Business Administration, is employed as Senior Center Assistant in the Career Planning Office.

Congratulations!



Career Center

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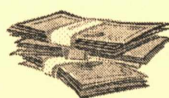
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"I've called this meeting to inform you that I'm resigning my position as CEO. I've landed a sweet role on a very popular TV sitcom."

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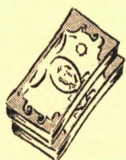
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Orientation Assistant

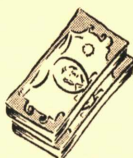
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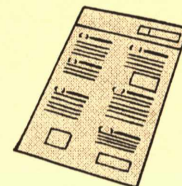
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You should have received the survey through mail, but if we missed you, call Monica Flores at 310-954-4225 or email her at

mflores@msmc.la.edu

requesting another survey and she will be more than happy to supply you with another copy.



Fitness Education



For the next 3 weeks it is Raffle Time at the Chalon Fitness Center. After you get your workout in you can qualify for our Raffle. Lots of great prizes you can use for this summer.

On Behalf of the Parking Committee



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Health Corner

By Carol Parente, FNP

Five years ago an Italian Supreme Court overturned a rape conviction because the victim wore jeans. The justices reasoned that because the tight fitting jeans could not be easily removed without cooperation and were impossible to take off if someone were resisting, the assault must have been consensual. As a result, women worldwide protested the decision by wearing jeans to acknowledge that coercion and force are inherent in rape and that victims must not be the ones to bear the blame for this crime.

Rape is still one of the most under-reported crimes nationwide. More than 70% of rape cases are never reported to law enforcement. Too often, victims are afraid to come forward and get the help they need because they blame themselves. As a society, we need to change our attitudes that excuse sexual assault and place the blame squarely where it belongs: on the assailants!

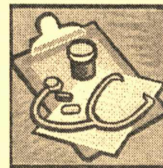
Rape can happen to anyone – children, students, wives, mothers, grandmothers, working women, the rich and poor, boys and men. It can happen anywhere: homes, alleys, cars, buses, resident halls. Rapists can be anyone – a classmate, a co-worker, a neighbor or delivery person, often a friend or a family member.

Acquaintance rape is much more prevalent than stranger rape. In a study published by the Department of Justice, 82% of the victims were raped by someone they knew (acquaintance/friend, intimate, relative) and 18% were raped by a stranger.

From a report on *Violence Against Women* based on data from the National Crime Victimization Survey, Bureau of Justice Statistics, 1995

If someone tells you she/he was raped, what should you do?

- Believe her or him.
- Don't blame the victim!
- Offer support, patience and compassion.
- Help this person access support services.



Report rape or any sexual assault to the police or to a rape crisis center. We are fortunate to have a nationally renowned Rape Treatment Center close to us. One phone call to the Santa Monica – UCLA Medical Center (310) 319-4000 will put you in contact with a specially trained sexual assault counselor who can help you or your friend get the help and the support needed. If the assault just occurred, preserve all physical evidence. Don't shower, wash, change clothes, brush teeth, eat or drink until the police or rape counselor says it's okay.

For more information check the web site of the Rape Treatment Center: www.911rape.org.

Submit your activities, events or announcements to the Chalon Student News and keep the campus informed!

cnews@msmc.la.edu

Chalon Student News

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Volume 10, Number 30

April 30, 2004

Calendar of Events

Senior Friendship Dinner

Friday, April 30 6:30 pm-10:00 pm Art Gallery

Mary's Day

Saturday, May 1 8:30 am-4:00 pm Circle and Campus Center

Krispy Kream Donut Sale

Monday, May 3 9:00 am-2:00 pm WEC Patio

Monday Concert

Monday, May 3 11:00 am-1:00 pm Little Theater

Cinco De Mayo Celebration

Tuesday, May 4 9:00 am-5:00 pm Circle

De-Stress Day

Wednesday, May 5 10:00 am-3:00 pm Circle

Root Beer Float Sale

Wednesday, May 5 11:00 am-2:00 pm WEC Patio

Noon Prayer Service

Wednesday, May 5 Noon Mary Chapel

Sunday Mass

Sunday, May 9 7:00 pm-8:00 pm Mary Chapel

Women's Leadership

(310) 954-4350

Women ...check it out!!

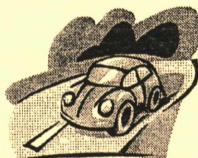
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Movies!!

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Carpool Token Redemption Week

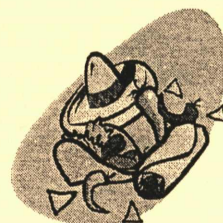


Monday, May 3- Thursday, May 6

Options: Starbucks or In-N-Out (with stipulations)

For questions please call the SACS office at x4120

Cinco de Mayo Celebration



Tuesday, May 4

10am-3pm

Tamale Sale, 12-2 pm

Off-Campus Vendors: *Jumex*

Tia Chucha's Cafe will sponsor a
Chicano literature reading
Poetry Reading
&

Free Mexican Candy

Co-sponsored by ASB and Latinas Unidas

Please join us on Sunday to
Celebrate
Laurel Day Awards 2004.
Sr. Janet Duffy, Associate Dean

LAUREL DAY
Mount St. Mary's College Doheny Campus
**ASSOCIATE IN ARTS
AWARD CEREMONY**
May 2, 2004
2:00 p.m.
Loretz Hall

What is Laurel Day?

Laurel Day is the traditional end-of-the-year celebration for the Doheny campus of Mount St. Mary's College. Modeled on the ancient Greek custom of bestowing laurel wreaths on the heads of victors in the Olympic games, this day is designated as a time to recognize our graduates and those receiving special honors. Originating in 1974, this day has continually celebrated the students of Doheny, with faculty, staff, administration and family joining in the festivities.



"NO MR. EDWARDS, I DIDN'T
STOP YOU BECAUSE YOU WERE
GOING TOO FAST."

Career Center

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Need help with your resume?

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Also, check out these books to help you prepare for life after college:

The Dog Ate My Resume by Zack & Larry
Arnstein

**Welcome to the Real World - You've Got an
Education Now Get A Life** by Stacy Kravetz

**Real Life Notes - Reflections and Strategies
for Life After Graduation** by Kenneth
Jedding

**Why Won't the Landlord Take Visa? A Crash
Course to Life After Graduation** by Tara Bray

Don't forget the Career Center is available to help you with your job search, so stop by today!

Still looking for a summer job?

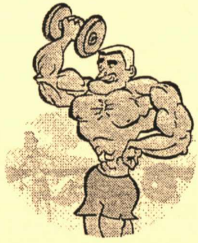
Here are a few to consider:

- * Camp Leaders at Magdalena Ecke Family YMCA in Encinitas, CA
- * Counselors, Instructors & Coordinators needed at the UCLA Recreation Youth Programs located at UCLA.

For more information, stop by the
Career Center in H401

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to the Chalon Student News and keep the
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FITNESS EDUCATION



For the week it is
Raffle Time at the
Chalon Fitness
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After you get your workout in,
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Lots of great prizes you can
use for this summer!

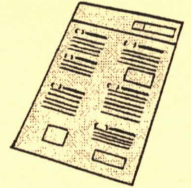
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Dear Faculty, Staff, and Student:

Many of us have taken Tylenol, Bayer, Motrin, Advil, Aleve, to name just a few over-the-counter medications at some point in our daily lives. These medications contain either acetaminophen or nonsteroidal anti-inflammatory (NSAIDS) agents. The two active ingredients are NOT only found in the above pain relievers, but also in many cough suppressants, cold medications, sleep aids, drugs for arthritis, headaches, toothaches, and menstrual cramps. Although these medications can be very effective, they can be dangerous if too much is taken.

There are more than 56,000 emergency room visits per year due to Tylenol (acetaminophen) overdoses. Taking NSAIDS (i.e. Advil or Motrin) on a regular basis, especially for those over 65 and taking blood thinning medications, can lead to gastrointestinal bleeding.

To cut down on the risk of accidental overdose, the FDA is warning consumers to avoid taking multiple medications that contain the same ingredient at the same time, without checking with your doctor 1st. For example, if you took Tylenol for a headache, and you also had a cold such as a stuffy nose and cough, you may decide to take Vicks DayQuil for your cold at the same time. Tylenol contains acetaminophen and so does DayQuil. So taking both of them is not recommended, and may be unsafe. An overdose of acetaminophen can lead to liver damage, especially if you combine that with 3 or more alcoholic beverages.

The lesson to be learned from this health tip is to check the ingredients on all over-the counter medications and to NOT take more than the recommended dose of that drug, unless your physician advises you otherwise.

Stella Wohlfarth, RN, MSN, PHN, CCE
Doheny Student Health Services Coordinator

Attention Athenians,

This has definitely been a tremendous year. A vast number of students have successfully secured and engaged in internships with prominent organizations. The experiences they have gained and continue to benefit from are truly priceless. On Friday, April 16, 2004, a group of twenty students experienced first-hand what it takes to run the nation's #1 Spanish speaking network. KMEX- Channel 34, Univision warmly opened its doors to our students and proved its dedication to mentoring and empowering these young women. The visit was a total success.

On behalf of the Internship Office, I want to congratulate the following students for their participation:

Raquel Zamora	Maribel Hernandez
Sylvia Gutierrez	Francis Jacobo
Ericka Lopez	Dayanna Soto
Jennifer Soto	Erika Benitez
Aida Rios	Diana Ruiz
Noemi Rivera	Noelia Virgen
Cristal Bueno	Isela Garcia
Emily Diaz	Elizabeth Ledezma
Virginia Guevara	Lizette Valencia
Desiree Ruiz	Veronica Bautista

As a reminder, various summer internship opportunities are currently still available. Opportunities for next fall are already being offered as well. Below is a small sample:

1. **Minority Student Summer Gallery and Dark room Intern.**

Getty Summer Internships

Start: June 7

Benefits: \$3,500.00 for 10 weeks

2. **Universal Music and Video Distribution**

Marketing Intern

Location: Universal City

3. **2004 Los Angeles County Arts Internship Program**

Various positions throughout Los Angeles

4. **The Heart Touch Project**

Administrative/Research Intern

Location: Santa Monica



For more information please contact Frank Ramirez, Internship Coordinator, or stop by the Career Planning Center.

Aloha Everyone,

We're happy to announce the winner of the
2003-2004 Mount St. Mary's College Hawaiian Raffle:

Ms. Kay Taylor, Class of 1949 of Ventura

The drawing was held this past Sunday at the
Mount Associates Annual event.

Thank you to everyone who participated and helped to raise
funds for the College.

Chalon Student News

A weekly publication of the Division of Student Affairs. Comments or submissions should be sent to cnews@msmc.la.edu.

Volume 10, Number 31

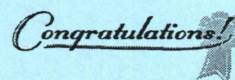
May 7, 2004

Calendar of Events

Sunday Mass		
Sunday, May 4	7:00 pm-8:00 pm	Mary Chapel
Finals		
Monday, May 5	All Day	On Campus
Finals		
Tuesday, May 6	All Day	On Campus
Finals		
Wednesday, May 7	All Day	On Campus
Noon Prayer Service		
Wednesday, May 7	Noon	Mary Chapel
Finals		
Thursday, May 8	All Day	On Campus
Commencement Practice		
Friday, May 14	10:00 am	Little Theatre
Baccalaureate Mass		
Saturday, May 15	1:30 pm	Carondolet Center
Commencement 2004		
Saturday, May 15	4:30 pm	Circle

Student Activities and Commuter Services

(310) 954-4120



Gabriela Ortega and Sarah Bessell
The 2004 Orientation Assistants

Commuter Cafe

THIS COMING WEEK!!!

May 11, Tuesday in the SACS Office,

8:00 - 10:00 pm

May 12, Wednesday in the Commuter Lounge,

8:00 - 10:00 pm

AND DURING FINALS!!!

May 18, Tue. in the SACS Office,

8:00 - 10:00 pm

May 19, Wed. in the Commuter Lounge,

8:00 - 10:00 pm

Stop by for your coffee and cookies!

IMPORTANT Graduation Information

Commencement Practice

When: Friday, May 14th

Where: Little Theatre

Time: 10:00 am

Baccalaureate Mass

When: Saturday, May 15th

Where: Carondolet Center

Time: 1:30 pm

Baccalaureate Commencement

When: Saturday, May 15th

Where: The Circle

Time: 4:30

PARKING

- * Parking on Chalon and Norman Roads is prohibited on Graduation Day.
- * The parking spaces behind Mary's Chapel are reserved for Trustees, Golden Graduates and other VIP's.
- * Other parking is available on a first come first serve basis upon presentation of a parking permit.
- * If parking at Veterans Administration Park Ride, there is a \$10 fee.
- * Guests coming from VA are urged to plan on arriving at the VA lot by 2:30 pm.
- * People with disabilities who are unable to ride the shuttle can be dropped off behind Brady Hall, NO parking is allowed in The Circle.



Attention Senior Class of 2004!!



The graduating class of 2004 wants to expand the Mount's video and DVD collection. We are inviting monetary donations and/or the donation of a video or DVD. (Videos/DVDs can be dropped off at the SACS office.)

Chalon Resident Students:

**LAST RESIDENT MEAL WILL BE LUNCH ON
FRIDAY, MAY 14, 2004**





LAST MEAL SERVED FOR
GRADUATING SENIORS WILL BE BREAKFAST ON
SUNDAY, MAY 16, 2004.
FROM: 7:00 AM - 10:00 AM

NOTE: For Graduating Seniors Chalon Cafeteria will be open

Friday, May 14, 2004:

Dinner: 4:30 - 5:30 PM

Saturday, May 15, 2004:

Brunch: 10:00 AM - 1:00 PM

Dinner: 4:30 - 5:30 PM

Sunday, May 16, 2004:

Breakfast: 7:00 - 10:00 AM



**Fall 2004 Courses Begin
August 30, 2004**



**Residence Hall Move-In Date
August 28, 2004**
*For all RETURNING students

Win a \$25 Target Gift Card & 2 Movie Tickets



We're serious!! We want to know what's on your mind. Please complete an Advisor Evaluation and you could win! Advisor Evaluations are available in the Advisement Center (H401), and Registrar's Office.

3 Ways to Enter to Win:

1. Print and complete the Advisor Evaluation that was emailed to your Mount account, and turn it in to the Advisement Center or Registrar's Office.

2. Complete the Advisor Evaluation that was emailed to your Mount account and email it to Advisement@msmc.la.edu.

3. Pick up and complete an Advisor Evaluation at the Advisement Center or Registrar's Office.

One winner from each campus will be selected on Wednesday, May 12. **Submit your Entry/Advisor Evaluation TODAY!!**

Step-by-Step guide to Summer School

Pick up an Articulation Agreement (noting all transferable courses) for the college you are interested in attending, from the Advisement Center. You can also get Articulation Agreement's online. Pick up a General Studies or Major Transfer of Credit Clearance Form, Complete the Transfer of Clearance Form, obtain the appropriate signatures, and return to the form for processing at the Advisement Center.

For more information on summer school, please stop by the Academic Advisement Center.



**This is the final issue of the Chalon Student News for the 2003-04 Academic year.
Have a restful, safe summer. We'll see you in August!**